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Maine Running Vol. 5 No. 1 January 1984

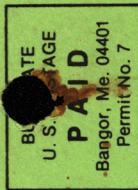
Robert E. Booker

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Vol. 5, No. 1 JANUARY 84

MAINE Running



\$1.50

MAINE RUNNER OF THE YEAR ?

NEW MAINE RUNNING LOG!



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It's here. Now. The Terra Trainer. For runners who like their mileage heavy and their shoes light.

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- * External Heel Counter Support
- * Rearfoot Support Strap
- * Thermoplastic Heel Counter

- * Variable Width Lacing System
- * Non-Stretch Nylon Upper
- * Combination-Lasted

* The Terra Trainer provides a Phylon midsole, engineered especially for training. Phylon provides 34% better cushioning and resiliency than the best conventional EVA-at a fraction of the weight.

* Rearfoot stability is assured by the tough, thermoplastic heel counter. Reinforced by an external heel counter support, the counter remains an effective rearfoot motion control device throughout the life of the shoe.



The Terra Trainer is for the runners who have longed for something that could take punishment, absorb the shock, and feel like it wasn't even there.

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MAINE Running

P.O. Box 259, E. Holden, Me. 04429

Who is Maine's best road racer? For the past two years Hank Pfeifle has held the title as the state's best overall road racer by virtue of his performances in four categories: the marathon, the 10K, a distance in between these two, and another performance of any length. Close on Hank's heels both years were the two figures on the cover, captured on film by a Bangor Daily News photographer at this past April's Portland Boys Club 5 Miler.

Sammy Pelletier on the left and Andy Palmer, winners of the Philadelphia Independence and Bostonfest Marathons have a lot to smile about. One of them may just out-point Hank in this year's Annual Edition of Maine Running to be published as the February issue. Tune in next month to see the results.

New this year is the Maine Running Log. Each month there will be two pages with 32 entry areas to record your daily training. Now you can plan with the calendar, record your training and see the results all in the same place. Let me know how you like it.

Don Wismer joins us this month and should add his zaniness on a monthly basis from now on.

I'm sorry I haven't got the results from the T.A.C. state, regional and national competition. I haven't received any information on these events yet. Help!!!

Hope all of you are running like the wind as we enter Maine Running's fifth year.

Bob

Editor: Robert Booker
PO Box 259
East Holden, ME 04429

Telephone: 843-6262 (between 5 & 9 p.m.)
(Babies sleeping!)

January & February Calendars 2

A lot of cross-country ski events and a few road races. If you haven't been in a nordic ski race, try it out. It's a great way to get your total body in shape for the upcoming running season.

RUNNING A RACE? 3

Make sure the race directors hear about the February dead-line. I'd like to see all the races in this early '84 issue.

INDOOR TRACK IS BACK 4

UMO student, Jon Rummlar previews the Indoor Track Team at Orono for us.

WHAT ME RUN? 5

Don Wismer lends his warped perspective to the running game. All Don's articles appear first in the Maine Road Rambler Newsletter. I don't mind his seconds.

CLUB NEWS 6-12

Lots of news plus the most current complete list of addresses.

ST. JOE'S NEWS 13

Check out how things ended up for Maine's classy small college.

SABE TRACK MEET 14

Start sharpening your spikes.

AT THE RACES 15-17

Veteran's Day, the Gobbler and the Osprey. Anyone got any bird seed?

SOUTH OF THE BORDER 18

Steve is back with the New England Collegiate X-C story.

RUNNER'S LOG 19-22

All new! Now you have your calendar, training notes and results in the same place.

THE PACK 23-30

January

- 8 BILL KOCH LEAGUE OPENER. X-C Ski races. 2½, 3½ and 5 miler. Akers Ski, Inc., Andover, Maine.
- 15 Bethel Opener. Junior Olympic Qualifier X-C 5 and 7½ miles. Telstar High School, Bethel, Maine.
- 15 Lake Loop Run. X-C citizens race. 10K. Ski Nordic STC around Saddleback Pond in Rangeley, Me.
- 21 ROCKWOOD-MT KINEO NORDIC SKI CHALLENGE. Citizens 10K from the Birches STC, Rockwood, Maine.
- 22 WILD MOOSE RUN. Me. Citizens Series Race. USSA Sanctioned 15K. Carrabassett VTC, Carrabassett, Maine.
- 22 SNORADA CUP. Senior Olympic Qualifier - USSA Sanctioned 10 and 15 miler. Snorada Rec Area, Auburn, Me.
- 22 RED ROOSTER NORDICS BKSL RACES. District One BKSL Qualifier. 2½, 3½, 5. Titcomb Mt. STC, Farmington, Me.
- 22 5TH ANNUAL JANUARY THAW ROAD RACE. 4.5 miler out of Belgrade Central School. Team awards as well as individual. 1 p.m. race Contact: Central Maine Striders or Gene Roy 465-7296
- 28 2ND ANNUAL RED CROSS SKIATHLON (2-11-84 is backup date) Citizens race. Teddy Bear STC, North Turner, Me.
- 29 BILL KOCH LEAGUE BONANZA. District One BKSL Qualifier 2½, 3½ 5 Snorada Rec Area, Auburn, Me.
- 29 6TH ANNUAL SNOFEST 5 MILE ROAD RACE. 12 noon at the Augusta Civic Center. See flyer.

February

- 5 SUMMIT SPRINGS SIZZLER. Me. Citizens Series Race 10 to 15 Summit Springs STC, Poland, ME
- 5 BILL KOCH LEAGUE RACES. Dist One BKSL Qualifier 2½, 3½, 5 Black Mt of Maine, Rumford, Maine
- 11 3RD ANNUAL WILD KATAHDIN TRUST SNOW RUN. 11 a.m. from Katahdin High School in Sherman. See flyer.
- 11 2ND ANNUAL CARIBOU BOG X-COUNTRY SKI RACE. 11:00 a.m. from the Bangor Mall to Old Town High School. 18K. See flyer in the February issue.
- 12 NORTHERN LIGHTS CLASSIC. Me Citizens Series Race 10 to 15 Titcomb Mt. STC, Farmington, Me.
- 12 BILL KOCH SKI LEAGUE RACES. District One BKSL Qualifier 2½, 3½, 5 Spruce Mt. STC
- 12 MOUNTAIN MADNESS. Up Mountain on XC Trails - back down best way you can! Ski Nordic STC, Rangeley, Me.
- 19 BILL KOCH LEAGUE TEAM RACE DAY. District One BKSL Qualifier 2½, 3½, 5 Akers Ski, Inc., Andover, Me.
- 22 STAN FOX CUP. Citizens Race. Sunday River STC, Bethel, Me.

X-Country schedule from the Maine Nordic Council, 16 Stewart Ave., Farmington Maine. Galen Sayward, Executive Director. Get out and ski!

RUNNING A RACE?

What if you directed a race and nobody came? That's why we publish the most comprehensive year calendar we can in the February issue each year. Race directors, send the name of your race, the distance, the time, the location and the cost to Maine Running before the 15th of January and your race will appear in the year calendar published in the February issue. This is not a solid calendar. Hopefully, the February issue's calendar can be used by the directors to communicate and work out any conflicts that exist. A lot of great races get small fields because they go up against major events in the population centers. Try to use the February calendar as a working tool to maximize the attendance at all races in Maine. Get those notes in the mail! If you think the race director of your favorite race may miss this one-time notice, let them know yourself.

MAINE Running *by Bob Booker*

Buying Shoes

"I really don't need anything very fancy; I only run two miles a day. That's the classic line. It usually comes several lines after someone has asked you why he has shooting pains in his lower back, or in his arch, or in his shin or in any number of other parts of his body. My first question is: "What are you wearing for shoes?"

"Oh, I've just got my old Chuck Taylor All-Stars. I've only been running for five weeks now." That's when the opening line above is used.

What I try to explain to these frugal neophytes is that there is a little paradox in running circles. "The slower you are, and the newer you are, the more expensive the shoe." Now that may seem like a super sales pitch, but think about it for a second. You just started running; you weigh 168 pounds and stand 5'10". You go out and run two miles and it takes you 18 minutes. For 18 minutes, you have been alternately slamming one and then the other of your only two precious feet into the pavement while all of that weight is behind each blow. Ouch!

Now, let's pretend you are Greg Meyer, winner of the Boston Marathon in 1983. You stand 5'8", pounds soaking wet, you weigh 138 and you jog two miles in 12 minutes and fail to break a sweat. You tell me who needs the most protection on their feet. And have you ever noticed

pictures of world rarely have their they fly. That's class runners. So when the are going to n you can get." I if you can look and outweigh pounds.

Try this fc just starting height in ind less than th you want o cannot reli here. But heavier tl need a b support going to How spend d got and Kunrir sport, only Shoes purct good the t best loni

runner? They

MAINE RUNNING INTO OTHER MEDIA

In an effort to reach more of the state's runners, Maine Running has expanded it's scope into newspapers and radio. Maine Running a weekly newspaper column is submitted to many of the state's dailies and weeklies. Maine Running the newspaper column now appears on a frequent basis in the Valley Times of Pittsfield, the Courier-Gazette of Rockland, and the Bar Harbor Times. Has it appeared in your paper yet? Why not find out.

Every Friday at 5:50 p.m. Maine Running Magazine is heard over the air on WABI AM 91 in Bangor. Veteran George Hale and Rich Kimble have given me a lot of help in producing this informative 10 minute show. Hopefully, by spring, we will be in a position to market the show state-wide.

If you would like to more about Maine Running - the magazine, the newspaper column, or the radio show, feel free to contact us.

We're growing to serve the running community of Maine better.

Junior at the d. The Micah Barbara s. Sandy Heather (ow) Kris terchant.

WABI-AM 91

"Indoor Track Is Back"

by Jon Rummalar

The 83-84 Maine Indoor Track Team is looking forward to a very strong season. The team's coaches, Ed Styrna (Head Coach), Jim Ballinger (Assistant Coach), and O.J. Logue (Distance Coach) are excited by the strength of this young team, which benefits from a large underclass and strong senior leadership.

The team will be very strong in the running events, particularly middle and long distances. Gerry Clapper, a placer in last year's New England indoor and outdoor meets, is back after breaking nine minutes for two miles last year. Steve Ridley and Chuck Morris, low 4:10 milers, along with top X-C runners Glendon Rand and John Fiola add strength to distance corps.

In the middle-distances, Ken Letorneau, a low 2:10 thousand yard man and co-captain John Condon lead a young group of runners. Shawn Hight and Robin Hayes, last year's top 440-600 men in the Maine high school ranks, look very strong. In the 880, sophomore Mark Stillings and frosh Darrin Krug are looking to be in the 1:55 range. Krug was one of the best half-milers in Massachusetts as a senior in High School. John Boucher, Mark Keup and David Winkin add depth to 440 and mile relays.

The leader in field events is junior co-captain Jeff Shain, a top thrower in New England. Joe Quinn is number one in the 35-pound weight. The high jump is led by two black bear football players, Jack Leone and Clay Pickering. Both have been in the 6'6" area. Freshman Jim Vose leads the long and triple jumps. He has gone 21' plus early in the season in the long jump.

Unfortunately, depth is lacking in the dash and hurdles, but overall, it looks like a fine year for the Black Bear squad.

LEWISTON ADULT EDUCATION

156 East Avenue, Lewiston, Maine 04240 784-8990

IMPROVING YOUR RUNNING

This course will present strategies to improve running performance through the prevention of various injuries common to the runner. The participant will develop methods of injury screening and prevention and how to deal with various types of common running ailments. In addition to discussing basic anatomy, the role of orthotics and proper choice of running footwear will be covered. Class meets at Lewiston High School from 6:30 to 9:00 p.m. for four consecutive Wednesdays beginning February 1, 1984. Two CEU's are available which can be used by coaches for teacher recertification.

Instructor: Gerald Hussar, Physician's Assistant and Certified Athletic Trainer working in the Office of Dr. Victor Parisien in Lewiston.

Fee: \$10.00 for Lewiston residents; \$15.00 for non-Lewiston residents. Make check or money order payable to Lewiston Adult Education and send to Lewiston Adult Education, 156 East Avenue, Lewiston, ME 04240
Attention: Running Course Registration.

What, Me Run?

Many of you may not realize it, but in every race there are what I call "boosters." These are runners of moderate ability but limited financial means, who are employed by race committees for a pittance to boost the morale of the participating runners. Here's what they do. They start out fast, and hang a little behind the tight bunch of frontrunners that always develops in a race. Then, after a few miles, the booster or boosters deliberately begin to slow their pace, and one after another, the other runners in the race begin to catch up and pass. As the competitors pass, the boosters appear to be gasping for air, and croak out phrases like "Way to go," or "Looking good," or "Are you Frank Shorter?" They deliberately sweat copiously. Since passing any competitor gives runners an ego lift, the boosters make sure that they get it -- that's their job. By the time the race is over, virtually every runner has passed at least one booster, and everybody feels good, which increases the chance that the runners will all come back to the particular race next year and pay good money to run in it. You should never underestimate race committees -- they know what they're doing!

As for me, I have to admit that I resent the constant attempt by race officials to slip me a ten. I don't care what it looks like, I'm not a booster, confound it! I've never once yet mistaken anyone in a race I've been in for Frank Shorter.

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author of that famous
work of science fiction
that you all should buy,
STARLUCK (Doubleday).

A shoe for runners who are murder on running shoes.

The New Balance 555 is designed for people who are tough on running shoes, or who do their running in areas that are tough on shoes. With a unique carbon rubber hounds-tooth outersole and combination-lasted design, it's the most durable multi-terrain running shoe New Balance has ever made.

Available in a variety of widths.

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new balance
555

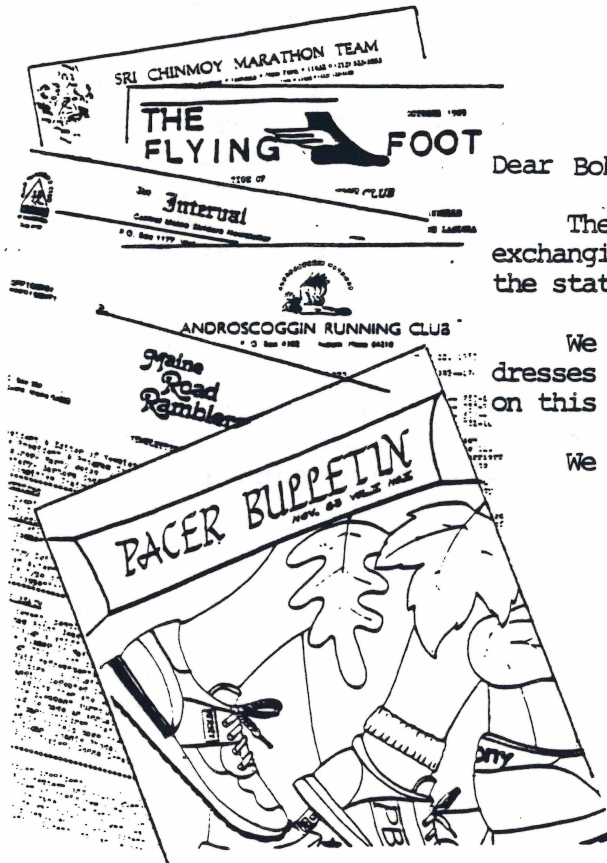


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CLUB NEWS



Dear Bob,

The Aroostook Joggnernauts Running Club is interested in exchanging newsletters with any and all other clubs throughout the state that publish one.

We wonder if you could provide us with the names and addresses of Maine running clubs, so that we may contact them on this matter.

We would appreciate any help you could provide.

Sincerely,

Gehrig Johnson
Gehrig Johnson
Newsletter Editor
Aroostook Joggnernauts

OK, Gehrig. Here's the most recent list of Maine running clubs I have. Send any contact changes to the magazine as soon as possible.

HOG BAY TROTTERS
PO Box 512
Ellsworth, ME 04605

the Androscoggin Running Club
PO Box 382
Auburn, ME 04210

Bethel Outing Club
PO Box 157
Bethel, ME 04217

the Pen Bay Pacers
109 Talbot Ave.
Rockland, ME 04841

NORTHERN BAY ATHLETIC CLUB
PO Box 344
Blue Hill, ME 04614

the Central Maine Striders
PO Box 1177
Waterville, ME 04901

the Maine Rowdies
c/o Charlie Gordon U.R.
309 Maine St.
Brunswick, ME 04011

the Maine Track Club
31 Vernon Rd.
Cape Elizabeth, ME 04107

the Aroostook Joggnernauts
Box 373
Crouseville, ME 04738

THE MAINE ROAD RAMBLERS
PO Box 264
Augusta, ME 04330

the Downeast Striders
24 Parkview Ave.
Bangor, ME 04401

Marathon Sports Running Club
54 Scammon St.
Saco, ME 04072

the Woods Runners
Box 201
Patten, ME 04765



Come meet some people in love with the restaurant business.

**"Run on over to Ben's"
We've got something
special for you!**

January

1-2	Randy Hawkes and the Overtones
3-5	Soundtrac
6-7	Giancola Band
8-9	Nashville Run
10-11	Hot Wax
12-14	M.K. Ultra
15-16	Randy Hawkes and the Overtones
17-19	Soundtrac
20-21	Giancola Band
22-23	Nashville Run
24-25	M.K. Ultra
26-28	Carol and the Charmers
29-30	Randy Hawkes and the Overtones
31	Dr. Hicklick's Cucumber Band

DOWNEST STRIDERS



123 FRANKLIN STREET, BANGOR, MAINE 04401



Maine Track Club

Have been running 5½ to 6 miles at 5:50 a.m. with Russ Connors on a fairly regular basis. There's a lot more to life than running and races, although to some running is life and I'll have to admit that I was there once. Many people get PR's in races but they also get PR's in life for being great fathers and mothers, husbands and wives, sons and daughters, by being active in community, civic, and church organizations, by pursuing their career, school, or college goals. What is amazing to me is that so many people do as well as they do while excelling at so many other areas of their life. These are really the unsung heroes that make this old world better by putting back a lot more than they received. I would like to put forth a proposal that races should be on Saturday or Sunday at 1 p.m. (weather permitting) so that those people that choose to put other things ahead of races, don't have to make choices.

The 4th or was it the 5th Annual MTC Handicap Race was directed by Pres. Dick McFaul from Cape Elizabeth H.S. A beautiful sunny day with temperatures up in the 30's. Race was won by David Manthorne, 12 or 13 year old that competed nationally, 2nd Dave Trussell, shortly after completing Marine Corps Marathon, 3rd Bill Davenney, one of our newest members, who ran his 1st Marathon at Maine Coast in 83. Dave Paul was 4th, Father of Jeff one of our MTC Pee Wee Runners of the Year and Race Director PBC Patriots Day 5 Miler and Bailey's Cross Country Classic, and 5th was Bob Caron, who warmed up with Russ and I and we could see that Bob was going to have a good one and 29 others from a few seconds to a couple of minutes behind, but winners all.

5th Annual MTC Banquet held at Verrillo's Restaurant at Exit #8 of the Maine Turnpike. Even though we had a bad storm and some real slippery conditions on the road, practically everyone made it, except for some from longer distances and inland. Evie and I and Jerry Roberts got in late, since my son, Steve had to work late and was nice enough to give someone without transportation a ride home and we had not arranged a back-up ride. Happened to sit Mike and Ralph Towle and Paul Families (excluding Dave) and to see Lorie and Katie Towle, Jeff Paul go up and receive their awards for Pee Wee Runners of the Year was quite a sight to behold. David Manthorne as last recipient, has been picking up awards for years, so he took it right in stride.

Chris Kein, as recipient of the John Fyalka Scholarship, sure has come through as tops in the state - at high school cross country. Also, to see the joy on Joan Welch's face as she picked up son Marc's award and the look on Joan & Russ Connors' faces as Sarah picked up High School Runner of the Year award - it said it all. Major contribution of the year - Charlie Scribner has done a superlative job for another year as Director of the Race Directors. Also, plaudits to Norma for supporting his efforts. Marian Leschey for putting the newsletter together for 2 years or more and Bill for sparing to take the time to put it together. "Chip Mc Cartney got the Water Award for outstanding job he has been doing in the Casco Bay Marathon handling the massive job of providing water. Also as I mentioned last month he does it for the rest of the year for 7 or 8 a.m. runners from Payson Park around the marathon course. Dave Trussell was recipient of the John Fyalka Award for the outstanding job that he did putting together the Surf n Turf Challenge. Had written up a little additional to add to the list of awards that were submitted, but if you have been reading Maine Running or checking the results in Portland papers and others, the results speak for themselves. Special thanks to Barry Howgate for fantastic job of organizing the annual banquet and to wife Judy for backing him up. Last but not least, Dick McFaul, Pres; John Conley, Vice Pres., Barry Howgate, Sec., and Dave Trussell, Treas. (re-enlisted). Thanks for a fantastic year. Hope I can get that organized someday.

See you on the run,

Herb Strom



The big news from the coast of Maine is new officers for the Pacers. After Serving two very successful years as president, Sterling LeBlanc has stepped down from that office.

Sterling was instrumental in starting the Pacers and was a great president, and organizer. Unfortunately for the club his work as director of the TRADE WINDS HEALTH CLUB keeps him tied up, making it impossible for him to continue.


The good news for the Pacers is that Ken and Paulette Sylvester have accepted the job as co-presidents. Ken and Paulette are not new to the Pacers or running. Together they have been very successful race directors, both the Seafood Festival 10K and the Pacer 15 Miler are races they have been in charge of.

Vern Demmons has taken over the job of treasurer from Paulette. Vern made the mistake of saying he wouldn't mind doing it - "Instant Election".

Pacers are planning the yearly banquet, for the end of January. Chairman Dr. Doug Johnstone tells us plans are going good. Details to follow.

On January 15, the Pacers will be sponsoring the Second Annual Snowflake ETA (estimated time of arrival) Run. The race is a 3.1 mile event that anyone can win. You estimate what you think your time will be, leave your watch at the starting line and go for it. Last year's winner (just happened to be me) was only off by 2 seconds. All runners who want to have a fun race without the pressure of trying to get to the finish line first to win are welcome. The Snowflake ETA Run will start and finish at the Rockland Recreation Center, Limerock Street, Rockland, Me. Registration will be from 9 a.m. to 9:45 with the race starting at 10 a.m.

Bob Cuthbertson



TROPHIES & AWARDS

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 109 Main St.
 Madison, Me.
 04950
 696-5548

Woodsrunners

Yep things are really quiet in the woods, right now. Weather conditions are so bad that "no one is stirring 'cept Nurdley's louse." The next big time events are the Snow Run (see flyer) and the coming of the January edition of Muskrat World.

As the year ends, the conscientious Woodsrunners must attend to the tasks associated with the beginning of a new year. Club bylaws require a change of T-shirt and stockings sometime during January of each calendar year - unless you were a swimmer in the Triathlon. Swimmers are allowed to change "gear" anytime before Easter.

Another year end task is the tally of miles put in for the year. Some members have recorded every mile (and one jerk has it all on computer). By the way, some Woodsrunners have devised a new formula for computing mileage. It's based on new revolutionary concepts introduced by R. Taylor and adopted by Nurdley and Duane. It came about like this: Taylor had an incredible year racing - better than ever before. After races, (at the hydrating sessions) he swore to Duane and Nurdley that the secret to his success was the cutting back of weekly mileage to 30 - 35 miles. It sounded alright until the Jogger-nauts published the mileage of club members, and there was Taylor with an incredible # of miles!! Evidently he counted mileage for other activities as well as running.

Now ole Nurdley and Duane went about re-figuring their mileage. Near as we can tell, Duane and Nurdley logged an incredible 43,919.61 miles in '83.

- cross country skiing	.43 miles	
- swim	.18 "	
- bike	4.0 "	
- row	7.0 "	
- run	1900.0 "	
- driving & thinking about racing	24,000.0 "	
- carbo loading	17,000.0 "	
- stumbling	8.0 "	
- "other"	1000.0 "	(wife's estimate)

43,919.61

This may not be a record, but it is a real decent average!! See ya at the Snow Run.

Anon

Saint Joseph's College

NORTH WINDHAM, MAINE 04062

TELEPHONE 207-892-6786



The Boston Globe released it's final New England Cross-Country team rankings. The final ranking includes all divisions.

1. Providence College (I)
2. Dartmouth College (I)
3. Boston University (I)
4. Northeastern University (I)
5. Brandeis University (III)
6. Lowell University (II)
7. Harvard (I)
8. University of Connecticut (I)
9. Boston College (I)
10. University of Mass. (I)
11. Fitchburg State (III)
12. St. Joseph's College (III)
13. University of Rhode Island (I)
14. Yale University (I)
15. Keene State (II)

St. Joe's had a 28-4 regular season record. They won the N.A.I.A. New England Championship for the third straight year. Coach Brian T. Gillespie was named N.A.I.A. New England Coach of the Year for the second time in three years. St. Joe's finished third in the N.C.A.A. Division III New England and 11th in the N.C.A.A. Nationals. They thus end the season as the 11th ranked Division III team in the country. They return their entire team next fall. St. Joseph's has a male enrollment of 110!

MAINTAINING YOUR IDEAL WEIGHT

Height (no shoes)	SMALL FRAME				MEDIUM FRAME				LARGE FRAME			
	Ideal Weight*		Daily Calories		Ideal Weight*		Daily Calories		Ideal Weight*		Daily Calories	
	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN
5'1"	—	104	—	1664	—	112	—	1792	—	121	—	1936
5'2"	—	107	—	1712	—	115	—	1840	—	125	—	2000
5'3"	—	110	—	1760	—	118	—	1888	—	128	—	2048
5'4"	—	113	—	1799	—	122	—	1952	—	132	—	2112
5'5"	127	116	2286	1856	137	125	2466	2000	149	135	2682	2160
5'6"	130	120	2340	1920	142	129	2556	2064	155	139	2790	2224
5'7"	134	123	2412	1968	147	132	2646	2112	161	142	2898	2272
5'8"	139	126	2502	2016	151	136	2718	2176	166	146	2988	2336
5'9"	143	130	2609	2080	155	140	2945	2240	170	151	3230	2416
5'10"	147	133	2793	2128	159	144	3021	2304	174	156	3306	2496
5'11"	150	—	2850	—	163	—	3091	—	178	—	3382	—
6'0"	154	—	3080	—	167	—	3340	—	183	—	3660	—
6'1"	158	—	3160	—	171	—	3420	—	188	—	3760	—
6'2"	162	—	3240	—	175	—	3500	—	192	—	3840	—

*Without clothing.

Source: Derived from U.S. Dept. of Agriculture publications.



Blue Cross
Blue Shield
of Maine

Brunswick Lodge of Elks
No. 2043
179 Park Row
Brunswick, Maine 04011

Maine Running
P.O. Box 259
East Holden, Maine 04429

Attention: Bob Booker

Dear Sir:

I am writing in regard to the upcoming Frank Sabasteanski Memorial Maine TAC championship to be held August 4, 1984 at Whitter Field on the campus of Bowdoin College in Brunswick, Maine.

For the 1984 meet, we are pleased to introduce the "Sabe" Memorial 10 kilometer championship road race. We are in the process of having the course certified. We are looking forward to this event and feel that it will add immensely to the road race program throughout the state.

All entries to this road race are to be pre-entry only and no post entries will be accepted. The entry fee of seven dollars will accompany the entry and all entries will be accepted up to the postmarked date of July 28, 1984. All entries postmarked after that date will be returned.

All participants must be members of TAC and reside in the state of Maine in order to run in either the track meet or the road race.

A commemorative hat will be given to the first thirty-five male and fifteen female finishers of the 10 kilometer race. This hat will be indigenous of that particular year's road race.

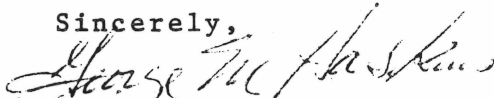
Sometime in the spring I will be sending you approximately 900 copies of the entry forms and a remittance so as to include an entry with each of your month's issue. Please advise me as to the exact amount needed in order to do this.

I hope that I will have your support in this matter as I, personally, would like this to succeed because all proceeds from this are to go to the establishment of the Frank Sabasteanski Memorial Scholarship Fund.

The Brunswick Lodge of Elks have been sponsoring this TAC championship for twenty-six years now and, as the chairman of the committee in charge of the track meet for the Elks, I hope to see interest grow throughout the state for this particular meet.

Thank you for your cooperation in this matter.

Sincerely,


George M. Haskins
Meet Director

AT THE RACES

VETERANS DAY ROAD RACES

AUGUSTA

Nov 11th

Many runners were apparently discouraged by the early morning downpour as 40% of those pre-registered did not show for the 4th Annual Veterans Day Road Races sponsored by the Maine Road Ramblers and Augusta Elks for the benefit of the American Heart Association. Too bad, as the rain stopped before the 10 a.m. start of the certified half-marathon (13.109 miles) and 5 Km (3.1 mile) and didn't resume until nightfall.

The No-shows also missed a great time at the Elks Lodge after the races. A luncheon consisting of beef stew, sandwiches, beer and soda was part of the entry fee. Over 50 prizes were donated by local merchants with 30 going to the race winners and the rest raffled by race number. The big winner of the day was Anne Dudley who won a \$150 pair of Hersey custom fitted running shoes donated by Bart Hersey of Farmington. The drawing of her name triggered screams of delight from her and her friends from South Portland. Race Director, Greg Nelson said he felt like a TV game show host. Anne's lucky day wasn't over however. In a separate raffle conducted by the Elks she won a popcorn popper.

In the half-marathon, for the third year in a row one of the state's top runners took control right from the start to register a wire to wire win. In 1981 it was Kurt Lauenstein, last year Danny Paul and this year Peter Millard. Peter, winner of this summer's Sugarloaf Marathon, negotiated the hilly route in 1:12:09. The 29 year old Orono runner was followed by Peter Lessard, 21 of Winslow, 1:14:29 and Jim Toulouse, 35 of West Buxton, 1:16:52. Ann Blumer, 28 of Orono, led the women in 1:29:25. She was followed by yet another Orono runner; Paula Stone, 22, 1:35:06.

Chris Bovie, 33 of Hallowell, threw a 4:45 first mile at the 5K field. Chris pointing for two Thanksgiving week races, then cruised home when no one went with him. Chris still managed to tie the course record of 16:04. Two Gardiner runners, Floyd Wilson, 33, and Randy Gardella, 17, followed in 16:44 and 17:19. Fourteen year old Karen Boucher of Livermore Falls was the first woman with a time of 21:41. Carolyn Pke, 15 of Turner was next in 22:07.

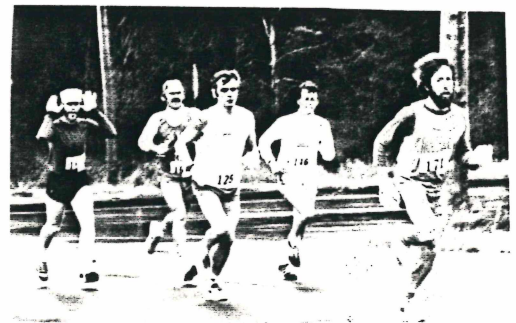
Greg Nelson



A group of runners negotiate a hill in the Veteran's Day Half-Marathon



Ann Blumer of Orono crosses the finish line in 1:29:25

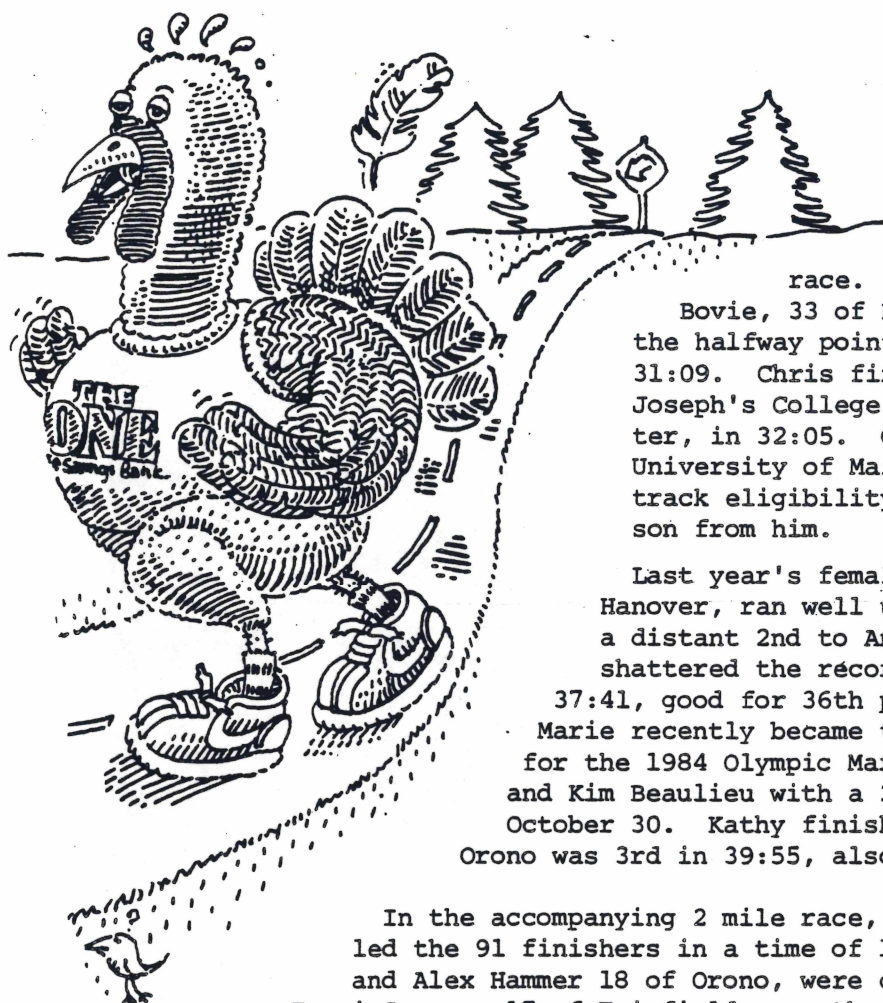


Rick Lane of Augusta makes faces at photographer Kevin Purcell. This is how the guys at the front of the Pack behave!



Gasping Gobbler

Thanksgiving Day Road Race



The Clapper family of Bucksport can always count on son Gerry to bring home a turkey on Thanksgiving Day. For the fifth year in a row Gerry won the first place turkey at the Gasping Gobbler 10K in Augusta, Maine. Gerry has won every edition of the five year old

race. This year he pulled away from Chris Bovie, 33 of Hallowell, on the long hill just past the halfway point to win in a new course record of 31:09. Chris finished 2nd in 31:43 followed by St. Joseph's College runner Jeff Crocker, 19 of Manchester, in 32:05. Gerry, 22, a graduate student at the University of Maine at Orono still has his indoor track eligibility left at UMO. Look for a good season from him.

Last year's female winner, Kathy Knight, 24 of Hanover, ran well under her course record, but was a distant 2nd to Anne Marie Davee, 27 of Norway, who shattered the record by three minutes with a time of 37:41, good for 36th place among the 196 finishers. Anne Marie recently became the 3rd woman from Maine to qualify for the 1984 Olympic Marathon Trials. She joined Joan Benoit and Kim Beaulieu with a 2:51:13 at the Bostonfest Marathon on October 30. Kathy finished 2nd in 39:38 and Ann Blumer of Orono was 3rd in 39:55, also under the old course record.

In the accompanying 2 mile race, Steve Sarkozy, 15 of So. Portland, led the 91 finishers in a time of 10:19. Mike Bard, 23 of Waterville, and Alex Hammer 18 of Orono, were close behind in 10:22 and 10:24.

Terri Gousse, 17 of Fairfield, was the first female in a time of 11:52.

Sue Ertha, 18 of Dorchester, MA was next in 12:06. Twelve year old Lenora Felker of Yarmouth turned in a remarkable performance to finish 3rd in 12:10.

Over thirty turkeys were presented to the various award winners in the 5th Annual races sponsored by Maine Savings Bank. In addition, all the runners received a coffee mug and refreshments. The races are organized by the Maine Road Ramblers with the co-operation of the Augusta Recreation Department. Race Directors Cliff Fletcher and Barbara Godfrey continued the fine tradition of this holiday classic.

Greg Nelson

Freeport Community Education

Osprey Run 83

Peter A. Marczak

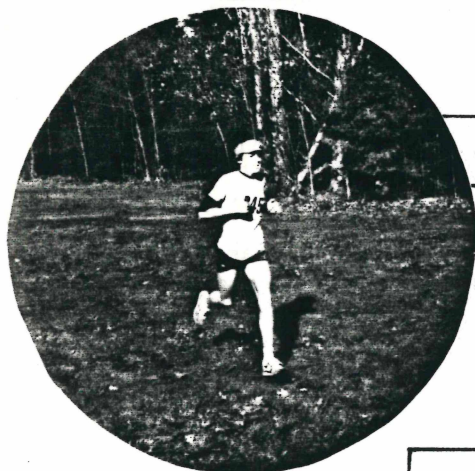
DIRECTOR



Rock E. Green , 1st place 33:24



Gladys DeWick , 1st place 41:09



John Bell, 1st place 14-18, 36:56



Bob Jolicoeur, 1st place master, 38:42



Harry Giddinge, "Hero" on the way back after quitting smoking in January, 55:11

SOUTH OF THE BORDER

by Steve Vaitones

NEW ENGLAND COLLEGIATE CROSS COUNTRY CHAMPIONSHIPS

NOVEMBER 5, 1983 at Franklin Park, Boston, MA

Rain, 50's, Muddy Course

Providence College, led by the one-two finish of Irishman Richard O'Flynn and Englishman Andy Ronan, won its 10th consecutive New England Collegiate team championship over Northeastern on Saturday, November 5. The Friars had a 19 point advantage at the finish, 45-64, though in the mid-stages of the race it appeared that N.U. might be able to pull off an upset.

Several teams, notably Boston University and Brandeis, held out their varsity squads in preparation for the following week's NCAA qualifying races. Nonetheless, P.C. came away with a hard-earned victory which put them one behind Maine in the all-time win standings (14 to 15).

O'Flynn's win marked the tenth consecutive year that a Providence runner has taken first in this race, with all but one of those by their foreign legion. The winning time of 23:33 over the traditional 5 mile route was slow by championship standards due to rain and a mud-slick course.

Of the four Maine teams competing, UMO had the highest placing, taking tenth spot out of 33 teams. Leading the Black Bears was Sherril Sprague in 20th. Colby followed in 11th (294) and Bates, after their state meet win, only managed 16th (361, but only 2 points out of 14th, proving that every place counts in cross country races). Bowdoin was 22th (622).

In the junior varsity race, Northeastern easily outdistanced Yale for team honors, 29-72. Maine finished fifth (142) just 2 points behind Providence. Chuck Morris, in position for a top 10 finish, suffered a severe cramp in the final mile and dropped to 23rd in leading the UMO men. Colby was 10th (267) while Bates and Bowdoin didn't run full teams.

Many observers thought that the day's outstanding performance was turned in by Greg Hale of Rhode Island. The Aroostook county product finished third in 24:00, which is no small achievement in this competition. Last year's indoor 5000 meter champ was not afraid to go with the leaders from the start and beat a number of more heralded athletes. Hale has always been a strength runner, but seems to have smoothed out his form and become more efficient this season.

RAMBLINGS: Another runner from THE COUNTY, Presque Isle freshman Paul Plissey, has been in the Boston College top seven all season... B.C. also has two Mainers running for their women's varsity - Michelle Hallett and Chris Snow ... A listing of the all-time top performances on the Franklin Park 5 mile course has Gerry Clapper in 56th position ... Colby's team has been hurt by the loss of Rob Edson, who has left school ...

UMO finishers...

20 Sherril Sprague	24:46
36 John Fiola	25:09
45 Glendon Rand	25:16
55 Steve Ridley	25:24
79 Dan Deering	25:50
80 Al Pierce	25:50
90 Mike Leighton	25:57

J.V.s

23 Chuck Morris	26:27
24 Mike Rummeler	26:28
26 John Mills	26:31
34 Kenan Krug	26:42
35 John Condon	26:43
38 John Warren	26:48
42 Matt Dunlap	26:51

MAINE Running

DATE: _____ DISTANCE: _____ TIME: _____

COMMENTS: _____

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COMMENTS: _____



'THE PACK'

CASCO BAY MARATHON Portland

Oct 16th

1. Rock E. Green	2:26:02.8
2. Rob Spaulding	2:30:22
3. Gene Coffin	2:34:43
4. Greg Parlin	2:35:08
5. Jon Williams	2:35:28
6. Gary Cochrane (M)	2:37:43
7. Harry Nelson	2:38:23
8. Eric McNett	2:38:59
9. Bill Hine	2:39:12
10. Kevin McDonald	2:39:26
11. John Keller	2:40:03
12. Jim Toulouse	2:40:04
13. David Roberts	2:41:38
14. John Ottaviani (M)	2:41:50
15. Larry Butler	2:42:18
16. Doug Craib	2:43:11
17. Michael Aldrich	2:43:15
18. Paul Merrill	2:43:49
19. Robert Frail	2:44:44
20. Richard L'Heureux	2:44:48
21. Joel Croteau	2:45:21
22. Robert Ruel	2:45:47
23. Bill Haney	2:45:54
24. Bob Coughlin (M)	2:45:57
25. Philip Wells	2:46:48
26. Brian McCrea	2:47:52
27. Joe Hayes	2:47:53
28. Wayne Clark	2:48:09
29. Wesley Douglass	2:48:14
30. Barry McClaughlin	2:48:15
31. Greg Dugas	2:48:19
32. Dean Worden	2:48:25
33. Daniel Incze	2:48:54
34. John Johansson	2:49:28
35. Robert Licht	2:50:19
36. Michael Cabot	2:50:59
37. Don Harden	2:51:15
38. Mike Simoneau	2:51:38
39. Russ Connors (S)	2:52:02
40. Michael Martin	2:52:26
41. Ray Cormier (M)	2:52:36
42. Tom Prosser	2:52:39
43. Gary Wakeland (M)	2:53:01
44. Robert Mitchell	2:53:05
45. John Esposito	2:53:18
46. Ron Paquette	2:53:58
47. David Smith (M)	2:54:00
48. Steve Woodsum	2:54:39
49. James Quinn	2:54:46
50. Jeff Bengtsson	2:54:48
51. Mike Towle	2:54:55
52. Peter Hanson (M)	2:55:04
53. Chris Salamone	2:55:06
54. Albert Becken (S)	2:55:51
55. Lance Guliani	2:56:09
56. James Cunniff (M)	2:56:18
57. Alvin Sproul III (M)	2:56:22
58. Robert Leighton	2:56:34
59. Mike Cameron	2:56:36
60. Mike Daly	2:56:51
61. Curtiss Shigo	2:56:53
62. Richard Wells	2:56:56
63. Edwin Sprague	2:56:59
64. Steve Hauke	2:57:01
65. Bob Jolicœur (M)	2:57:02

66. Dave Rideout (M)	2:57:12
67. Judson Esty-Kendall	2:57:21
68. Nathan Lake (M)	2:57:22
69. Phil St. Pierre	2:57:23
70. Ben Fudge (M)	2:57:56
71. William Boyd (M)	2:58:03
72. Jim Chapman	2:58:05
73. Larry Kinner	2:58:08
74. Fran Richards (M)	2:58:21
75. Randy Talbot	2:58:40
76. David Torrey	2:58:45
77. Robert Payne (M)	2:58:49
78. M. Craig Maker	2:58:50
79. John Applin (M)	2:59:01
80. Paul Libby	2:59:01
81. Bob Hunt	2:59:08
82. Daniel Oliveira	2:59:19
83. Dave Freeman	2:59:20
84. Chris Hamilton	2:59:27
85. Richard Sayles	2:59:40
86. Lawrence Bridges (M)	2:59:57
87. Peter Flaherty	3:00:30
88. Paul Cote	3:00:47
89. Paul Jackson (M)	3:01:03
90. Don Wilson	3:01:17
91. Mike LaPenna	3:01:24
92. Bob Cavannah	3:01:35
93. Jesse Katz	3:01:39
94. Brian Milliken	3:01:45
95. Rob Jarratt (M)	3:01:50
96. John Edwards	3:02:03
97. Henry Williams (M)	3:02:13
98. Timothy Robinson	3:02:32
99. Roger Godin (M)	3:02:33
100. Barry Fifield	3:02:37
101. Peter Keegan	3:02:43
102. Steve Gleason	3:02:43
103. Clifford Knight, Jr.	3:02:45
104. Linda Mary Larue	3:02:56*
105. Oskar Feichtinger (S)	3:03:21
106. Greg Bridgman	3:03:25
107. Charles Blossom (M)	3:03:36
108. Samuel Boothby (M)	3:03:39
109. Dick Armstrong (M)	3:03:42
110. John Dudley	3:04:12
111. Gary Weber	3:04:43
112. John Tarling	3:04:56
113. Doug Moody	3:04:57
114. Woodard Openo (M)	3:05:11
115. Tim Drury	3:05:13
116. Carlos Arango	3:05:20
117. Barry Howgate	3:05:37
118. Tom Allen	3:05:45
119. Gary Grady	3:05:47
120. Joe Isgro	3:06:15
121. Dave DeLois	3:06:18
122. Keith Goins	3:06:19
123. Steve Caron	3:06:21
124. John Cyr, Jr.	3:06:30
125. Merle Hartford	3:06:37
126. Lee Nicely (M)	3:06:42
127. Bruce Twombly	3:06:50
128. Steve Callahan	3:06:57
129. Ricky Mohon	3:06:57
130. Wayne Bedell	3:07:05
131. Charlton Ames (M)	3:07:17
132. Joe Tacka	3:07:31
133. Tom Reilly	3:07:36
134. William Bennett	3:07:39

135. Randall Jordan, Jr.	3:07:40
136. Terrence Johnson (M)	3:08:21
137. Edward Miller	3:08:22
138. Ralph Salamone	3:08:35
139. Joe Regali	3:08:36
140. Paul Breines (M)	3:08:39
141. Dick Colburn (M)	3:08:41
142. Gerald Harvey (S)	3:08:43
143. Diane Fournier	3:08:44*
144. Scott Strout	3:08:47
145. John Moncure (M)	3:08:50
146. Peter Kennedy	3:08:51
147. Margaret-Ann Maloney	3:08:51
148. Charles Woodworth	3:08:52
149. Edward Stott	3:09:00
150. John Peterson	3:09:01
151. Ann Blummer	3:09:09*
152. Francis Ferland	3:09:12
153. Corky Keefe (M)	3:09:28*
154. Vern Demmons	3:10:06
155. Albert Burt (M)	3:10:13
156. Bub Predham	3:10:19
157. Bill Seekins	3:10:23
158. Bill Aughton (M)	3:10:31
159. Phil Hudson, Sr.	3:10:33
160. Henry Tucker	3:10:45
161. Billy Agnoletti	3:11:16
162. Ken Cole, III	3:11:24
163. Dave Bright	3:11:29
164. Bert Cleaves (M)	3:11:34
165. Bob D'Antonio	3:11:38
166. Ed Hinds	3:11:40
167. George Brady	3:12:23
168. Geoff Hill	3:12:32
169. Arthur Warren (M)	3:13:00
170. Ken Newsome	3:13:25
171. Ray Fournier	3:13:41
172. Russ Martin	3:13:47
173. John Solak	3:13:47
174. Tom Carll	3:14:21
175. Lester Everett	3:14:25
176. Tom Libbey	3:14:28
177. Debbie Sawyer	3:14:34
178. Ruth Rodhe	3:14:54
179. Regis Beaulieu	3:14:56
180. Ken Curtis (M)	3:15:04
181. Larry Taylor	3:15:17
182. Scott Bryant	3:15:18
183. Roger Burns (M)	3:15:25
184. Tony Beardsley	3:15:42
185. Newton Towle	3:15:49
186. Don Stanhope (M)	3:15:50
187. Tom Taylor	3:16:02
188. Gehrig Johnson	3:16:03
189. Joe Meehan	3:16:19
190. Jim Swain	3:16:37
191. Frank Woodard (M)	3:16:54
192. Normal Twaddell	3:17:03
193. Larry Rich	3:17:03
194. John Schwerdel	3:17:19
195. Alburn Butler	3:17:31
196. Skip Rowe	3:17:34
197. Gil Roderick (S)	3:17:40
198. Nicholas Grey	3:18:00
199. Carol McRea	3:18:05*
200. Bill Kasabuski	3:18:06
201. John Brennick	3:18:10
202. Carl Bowen (S)	3:18:25
203. Bill York (M)	3:18:26
204. Dorothy Helling	3:18:37*
205. John McGovern	3:18:58
206. Fred Madden (M)	3:19:00
207. Tim Grove	3:19:03
208. Doug Swallow	3:19:04
209. Mark Goodberlet	3:19:06
210. Richard Sullivan	3:19:08
211. Andrew Dabszynski	3:19:21
212. Steve Randolph	3:19:23
213. Carl Hefflefinger	3:19:26
214. Peter Esponnette	3:19:27
215. Fred Ward, Jr.	3:19:48
216. Ray Carrol (M)	3:19:52
217. John Lunt	3:20:03
218. Don Turgeon	3:20:03
219. Anne Gustus	3:20:26*
220. Richard Fanning, Jr.	3:20:03
221. Robert Johnston	3:20:35
222. Ernie Poore	3:20:38
223. Larry Barker	3:20:39
224. John Skidgell	3:21:08
225. Ron Stokes	3:21:11
226. Ralph Estes (S)	3:21:15
227. John Leeming	3:21:19
228. Mike Little (M)	3:21:21

229. Mimi Mattson	3:21:52*	232. Terry Towne	3:36:49	417. Jack Vreeland	3:57:03
230. Richard Erbe (M)	3:21:58	234. Brigitte Edquid	3:37:08*	418. Wayne Hamilton	3:57:37
231. Phil Sipka	3:22:05	235. Al Mack	3:37:10	419. Rene Collins (M)	3:57:46*
232. John Pineau	3:22:06	236. Lynne Barlow	3:37:25*	420. Mike Nixon	3:57:51
233. Herman Cappelen	3:22:09	237. Eddie Brissette (V)	3:37:27	421. Scott Shane	3:57:57
234. Larry Fortin	3:22:11	238. Ronald Cedrone	3:37:47	422. Edward Kelley	3:59:02
235. Richard Hall (M)	3:22:12	239. Richard Weirich	3:38:40	423. Carroll Smith	3:59:27
236. Walter Taylor (M)	3:22:14	330. Dan Dwyer	3:38:56	424. Linda Dion	3:59:24
237. Henry Wolstat (M)	3:22:25	331. Don Bruce (M)	3:39:08	425. Hal Rubin	3:59:31
238. James Chaisson	3:22:41	332. Dave Sherry	3:39:09	426. Eileen Maher	3:59:48*
239. Ron Poulin	3:22:45	333. Jeanette LaPlante (M)	3:39:12*	427. Maria DeMarines	4:01:58*
240. Richard Mynohan	3:22:45	334. Ken Dirkes (M)	3:39:23	428. Mark Goodberlet	4:02:27
241. Paul LaPointe	3:22:51	335. Bert Gendron (S)	3:39:32	429. Joe Croteau	4:02:28
242. Andrew Seeley	3:22:56	336. Robert Lordon	3:39:54	430. Frank Abbadesa	4:03:53
243. Fred Riemer	3:23:13	337. James Cunningham	3:39:55	431. J.P. Lavoie	4:04:00
244. John Salisbury (M)	3:23:15	338. Mike Kincheloe	3:40:02	432. Jim Soule	4:04:00
245. Harvey Rohde (M)	3:23:16	339. Susanne Blood	3:40:10*	433. James McGovern (S)	4:04:15
246. Margaret Doenges	3:23:33*	340. James Chase (S)	3:40:15	434. Lindy Beasley (M)	4:05:24*
247. John Conley, Jr.	3:23:37	341. Eugene Waters (M)	3:40:33	435. James Reed (M)	4:07:20
248. Alan Rogers (S)	3:23:40	342. Kenneth Gaecklein	3:40:52	436. Jim Green	4:07:20
249. William Edwards	3:23:56	343. Anne Geller	3:41:01*	437. Bruce Pooler	4:07:38
250. John Edmondson (M)	3:24:17	344. Rosario Ouellette (M)	3:41:35	438. Ed Novak	4:07:40
251. David Trussell (M)	3:24:22	345. Jim Archacki	3:41:36	439. Glen Gaulton	4:07:40
252. Charlie Frair	3:24:25	346. Mike Mageles	3:41:38	440. Robert Clymer	4:07:44
253. Guy Higgins	3:25:16	347. William McKenzie (S)	3:41:46	441. Gary Folsom	4:07:57
254. Jeff Preble	3:25:40	348. Don Collins (M)	3:41:53	442. Peter Thomas	4:08:09
255. Charles Massie	3:25:45	349. Robert Milliken (M)	3:41:56	443. Jane Fanning	4:08:58*
256. Kevin Carley	3:26:29	350. Tom Nangle	3:42:02	444. Bill Sturgeon (S)	4:09:33
257. Jim Collins (M)	3:26:40	351. Richard Manthorne (M)	3:42:16	445. Ed Gayton	4:09:47
258. Mark Horak	3:26:47	352. John Driscoll	3:42:34	446. Carol Trotter	4:09:48*
259. Francis Sabol (M)	3:26:49	353. Wendy Migneault	3:42:43*	447. Steve Cole	4:10:14
260. William Fox (V)	3:26:55	354. Mike Nolan	3:42:57	448. Nadine Micoeau	4:10:19*
261. Peter Roper	3:27:00	355. Sally Paterson (M)	3:43:06*	449. John Cairns (V)	4:10:28
262. Charles Davis (M)	3:27:11	356. Kris U.R. Gordon	3:43:08*	450. Peter Dalton (M)	4:10:31
263. Jack Reagan	3:27:16	357. Augie Favazza	3:43:14	451. Lynden Toliver	4:10:49
264. John Archacki	3:27:26	358. Berry Manter	3:43:21*	452. Elizabeth Meiklejohn	4:10:50*
265. Richard Lamothe (M)	3:27:27	359. Mardianne Reed (M)	3:43:23*	453. Margaret Craven	4:11:08*
266. Robert Randall (M)	3:27:28	360. Steve Mantis	3:43:29	454. Andrew Willis	4:11:10
267. Ed Malone	3:27:33	361. Rohnie Dunn (M)	3:43:33	455. Dennis Connelly, Sr.	4:11:24
268. David Body (M)	3:27:36	362. Linda Patrick (M)	3:43:40*	456. Beverly Garber	4:11:24*
269. Judy Romvos	3:27:38*	363. Rochelle Weber	3:43:41*	457. William Perfetto	4:12:14
270. John Pluto	3:27:40	364. Linda Woodward	3:43:46*	458. Terry Clark	4:12:50
271. James Donovan	3:27:44	365. Peter Rasznann	3:43:56	459. Sandra Utterstrom	4:13:30*
272. Warren Wilson (S)	3:28:18	366. Jean Goldfine	3:43:50*	460. Brenda Merriman	4:13:44
273. James Mroch (M)	3:28:39	367. Bill Dube	3:44:30	461. Wayne Kaiser (M)	4:15:15
274. Lewis McDonald	3:28:41	368. Charles Kahill (M)	3:44:32	462. Deborah Minninni	4:17:12*
275. Mark Donais	3:28:48	369. Mike Rogan	3:44:43	463. Thelma Laste (S)	4:17:44*
276. Nick Bright	3:28:52	370. Lloyd Cook (M)	3:44:50	464. Richard Robinov	4:18:36
277. Russell Laste (M)	3:28:57	371. Jean Thomas (M)	3:44:51*	465. Mark Long	4:21:05
278. Dave Toothaker	3:29:16	372. Jeff Stevens	3:44:51	466. Peter Maietta	4:21:32
279. Frank Knight	3:29:33	373. Pamela LaJeunesse	3:45:08*	467. Neal Workman	4:22:01
280. Richard Lates (M)	3:29:39	374. George Gilfoil (M)	3:45:12	468. Marcia Reisman	4:22:25*
281. Ron Gervais	3:29:43	375. Edward Markiewicz	3:45:19	469. Hugh Zicker	4:22:34
282. Jeff Cyr	3:29:50	376. Joe Cesta	3:45:26	470. Mike Schumacher	4:22:46
283. Catherine Jarratt	3:29:53*	377. John Shane (M)	3:45:36	471. Roger Williams (M)	4:23:00
284. Michael Reali	3:29:55	378. Jay Wakeland	3:46:17	472. Lea Stabler Jr.	4:26:31
285. Paula Cronin (M)	3:30:04*	379. Bob MacLaughlin	3:46:34	473. Alice Van Deusen	4:27:23*
286. Arthur Chapman III	3:30:24	380. Jody Keller	3:46:36	474. Jack Opper (S)	4:29:01
287. Robin Everett	3:30:26*	381. Kenneth Moulton	3:46:37	475. Liz Poulin	4:30:08*
288. Rosalyn Randall	3:30:39*	382. Steve Strout	3:46:55	476. Marsha Komis	4:31:57*
289. James Bishop, Jr.	3:30:58	383. Mary Tiches (M)	3:47:07*	477. John Kosnow	4:32:10
290. Roger Pike (M)	3:31:04	384. Jay Spenciner (M)	3:47:17	478. Caroline Radlow	4:33:27*
291. John Nichols	3:31:05	385. Nelson Mathews	3:47:18	479. Janet Macher	4:34:00*
292. Jim Davala	3:31:09	386. Rudy Plummer	3:47:29	480. Richard DeCost (M)	4:35:37
293. Don Back	3:31:15	387. Gordon Chamberlain (M)	3:47:32	481. Brian St. Pierre	4:37:47
294. Bruce Wood	3:31:19	388. George Hutchins (M)	3:48:02	482. Richard Ball (S)	4:38:46
295. Bill Keniston (M)	3:31:24	389. John Michael	3:48:06	483. Susan Capone	4:39:10*
296. Maura McDermott	3:31:26*	390. Shirley Eaton	3:48:26*	484. Albert Utterstrom (M)	4:39:19
297. Charlie U.R. Gordon	3:32:19	391. Tom Dunnington (M)	3:48:34	485. Don Lucas (M)	4:40:27
298. John Cordts	3:32:27	392. David Canarie	3:48:44	486. Susan Lubner	4:41:18*
299. Austin Farrar	3:32:32	393. Sandee Aescott	3:48:53*	487. Linda Lawson	4:42:06*
300. Rick Strout (M)	3:32:39	394. Tom Poirier	3:49:16	488. Dorothy Niss (M)	4:42:21*
301. Bruce Spaulding	3:32:59	395. Judith Gagne	3:49:47*	489. Susan McQuaid	4:42:35*
302. James Wright	3:33:02	396. Barbara Regan	3:49:57*	490. Elvin Bryant (V)	4:48:38
303. Kevin Anderson	3:33:03	397. Pat Collamer	3:50:28*	491. Mary Osborne	5:01:51*
304. Bentley Herbert Jr. (S)	3:33:04	398. Dave Cloutier	3:50:55	492. Kathleen Reichardt	5:01:51*
305. Andrew Buni (S)	3:33:12	399. Peter Connell	3:51:01	493. Daniel Corbett	5:26:49
306. Heather Higbee	3:33:35*	400. Marlin Rhine	3:51:14	494. Daniel Lakatos	5:27:37
307. Kerry Reynolds	3:33:37	401. James Seitz	3:51:16		
308. Louise Dunlap (M)	3:33:38	402. Frank Bednar (M)	3:51:29		
309. James Grady	3:33:39	403. David Butler	3:52:02		
310. Jeff Nixon	3:33:53	404. Betsey Berry	3:52:05*		
311. Gerald Monroe	3:34:18	405. Leslie Page	3:53:21*		
312. John Pollock (M)	3:34:24	406. Stan Shupe	3:54:17		
313. Robert Tracy (M)	3:34:51	407. Katherine Christie	3:54:34*		
314. Tim Tiches (M)	3:35:09	408. Ruth Davis	3:54:40*		
315. Richard Campbell	3:35:14	409. Judy Neiland	3:55:05*		
316. Scott Brown	3:35:31	410. Laurie Davis	3:55:22*		
317. Frank Brawn	3:36:06	411. Sandy Dunbar (M)	3:56:12		
318. Bruce Marquis (M)	3:36:27	412. Mark Eule	3:56:24		
319. Daniel Charette	3:36:30	413. Bernard Clancy	3:56:27		
320. Harold Mann, III	3:36:43	414. Doug Johnstone	3:56:43		
321. Joe Rosa (M)	3:36:44	415. Don Heatley	3:56:59		
322. Bob O'Neill	3:36:47	416. Ray Hefflefinger (S)	3:57:02		

Results courtesy of Charlie Porter
Race Director

THE GREAT PUMPKIN RACE 10K

Saco Oct 23rd

1. Gerry Clapper	30:42	90. B. Peacock	39:21	183. R. Baster, Sr.	45:00
2. Chris Bovie	31:19	91. A. Cunningham	39:25	184. M. Levesque	45:09
3. Danny Paul	31:29	92. Anita Teschek	39:27*	185. S. Martel	45:10
4. Bruce Ellis	31:52	93. G. Wiles	39:28	186. J. Saint Amand	45:11
5. Seamus O'Sullivan	32:08	94. D. Bushey	39:29	187. P. Thelin	45:12
6. George Towle	32:11	95. A. Salmarsh	39:44	188. C. Garland	45:13
7. B. Nichols	32:13	96. H. Saltmarsh	39:51	189. R. Minard	45:14
8. K. Crowley	32:18	97. Al Dingley (S)	39:52	190. V. Griffiths	45:19
9. D. Barker	32:24	98. P. Vinsel	39:53	191. J. Bushey	45:31
10. Werner Pobatshig	32:35	99. J. DeMint	39:58	192. M. Ciancetta	45:34
11. Jerry Crommett (M)	32:40	100. R. McCall	40:01	193. R. Bradley	45:36
12. W. Blood	32:52	101. T. Arsenault	40:02	194. J. Gould	45:54
13. G. Nelson	32:55	102. D. Weste	40:15	195. O. King	46:00
14. F. Wilson	33:08	103. R. Laflamme	40:22	196. L. Labonte	46:02
15. G. Valeriani	33:14	104. P. Hodgkin	40:25	197. A. Laverriere	46:06
16. D. Campbell	33:37	105. D. Keefe	40:28	198. D. Croteau	46:07
17. R. Newbury	33:45	106. K. Felice	40:29	199. B. Harriman	46:10
18. J. Titus, Jr.	34:07	107. J. Graves	40:33	200. G. Gilfoil	46:12
19. M. Kimball (M)	34:21	108. D. Sadowski	40:35	201. S. Crockett	46:14
20. E. Reed	34:27	109. C. Lamb	40:37	202. R. Arsenault	46:15
21. R. Northrop	34:46	110. R. Strout	40:38	203. L. Lacombe	46:23
22. G. Coyne	34:56	111. Kathy Reinertsen	40:44	204. D. Ingalls	46:33
23. P. Connolly (M)	35:00	112. J. Parker	40:50	205. C. Glover	46:35
24. B. Wechsier	35:03	113. M. Hayden	40:51	206. L. Best	46:36
25. R. Moulin	35:17	114. R. Smith	40:54	207. R. Pease	46:52
26. M. Cote	35:39	115. J. Bell	41:01	208. L. Belanger	46:53
27. D. Doddington	35:43	116. M. Sassols	41:02	209. A. Dudley	46:56
28. J. Murphy	35:45	117. Dave Anthony	41:15	210. W. Morin	46:57
29. M. Lally	35:48	118. R. Jewell	41:18	211. F. Hemphill	47:00
30. M. Gendron	35:59	119. R. Siren	41:19	212. J. Foley	47:12
31. T. Dostie	36:00	120. K. Casey	41:25	213. C. Clapper Jr.	47:17
32. J. Sullivan (S)	36:01	121. J. Murchie	41:29	214. R. Ouellette	47:23
33. D. Tinker	36:03	122. H. Wolstat	41:31	215. B. Provost	47:24
34. J. Fischer	36:04	123. D. Bushey	41:34	216. R. Morrison	47:25
35. M. Samers	36:05	124. F. Abbadesa	41:35	217. R. Lepore	47:30
36. D. Harden	36:06	125. S. Thomas	41:46	218. R. Cervizzi	47:31
37. Susannah Beck	36:11*	126. D. Kesseli	41:48	219. D. Penta	47:32
38. P. Bastow	36:19	127. S. Perry	41:51	220. L. Sicuro	47:35
39. S. Gifford	36:27	128. P. Wirta	41:55	221. C. Ingalls	47:40
40. T. Clement	36:32	129. T. Harmon	41:56	222. T. Hill	47:41
41. J. Dyer	36:37	130. L. Frank	41:57	223. P. Lepore	47:43
42. G. Baston	36:38	131. R. Johnson	41:58	224. P. Mercier	47:45
43. F. Merrian	36:52	132. B. Elgee	41:59	225. J. Lavin	47:46
44. R. Cuthbertson	36:55	133. A. Leggett	42:03	226. N. Frederick	47:48
45. G. Jones	37:00	134. A. Hendrix	42:06	227. S. Chaplin	47:50
46. J. Collins	37:01	135. B. Goodrich	42:07	228. Leona Clapper	47:52*
47. J. Titcomb	37:05	136. R. Borduas	42:08	229. N. Hill	47:55
48. F. Karter	37:07	137. J. Valecko	42:09	230. D. Johnson	48:10
49. G. Martin	37:13	138. C. Foggy	42:13	231. C. Ward	48:39
50. K. Sylvester	37:16	139. A. Merriam	42:16	232. A. Garriepy	48:40
51. D. Legassie	37:17	140. A. Haslam	42:21	233. E. Moulin	48:41*
52. P. Flaherty	37:18	141. S. Stearns	42:23	234.	
53. S. Perkins	37:19	142. D. Bessey	42:33	235. D. Monroe	48:48
54. D. Gillett	37:21	143.		236. D. Collette	49:10
55. T. Farrell	37:29	144. P. Beaulieu	42:39	237. M. Soule	49:12
56. B. Teschek	37:31	145. K. Shute	42:41	238. W. Kaiser	49:14
57. Marjorie Podgajny	37:32*	146. J. Merriam	42:42	239. C. Allen	49:20
58. S. Podgajny	37:33	147. R. Everett	42:48	240. J. Burleson	49:25
59. Kathy Northrod	37:37*	148. T. Gadbois	42:50	241. J. Snyder	49:26
60. B. Marlow	37:40	149. A. Bugbee	43:00	242. G. Adams, Jr.	49:35
61. E. Doughty, Jr.	37:43	150. J. Dolley	43:01	243. N. Nunan, Sr.	49:42
62. P. Carr	37:50	151. C. Eddy	43:04	244. P. Sylvester	49:43
63. L. Nicely	37:51	152. D. Blouin	43:10	245. J. Cunningham	49:44
64. R. Neal	37:52	153. J. Cesta	43:13	246. P. Cuthbertson	49:45
65. Mary Bart (M)	37:54*	154. N. Rutt	43:19	247. S. Dulude	49:49
66. L. Phillips	37:55	155. H. Woodworth	43:20	248. J. Harkavy	49:55
67. M. Cabelin	37:56	156. D. Millett	43:21	249. C. Anderson	49:56
68. J. Chaisson	37:57	157. J. Smith	43:29	250. R. Curran	50:02
69. D. Kalinski	37:59	158. C. Hannon	43:32	251. R. Lagueux	50:05
70. G. Wells (S)	38:04	159. J. Gale	43:33	252. P. Roy	50:10
71. S. Argereow	38:08	160. D. Breault	43:37	253. F. Maietta	50:11
72. Vicki Wechsler	38:09	161. D. Harlow	43:40	254. W. Davenney	50:12
73. P. Prescott	38:10	162. J. Bugbee	43:45	255. R. Lecuyer	50:20
74. D. Best	38:14	163. D. Roberge	43:57	256. M. Foley	50:28
75. J. Peterson	38:24	164. R. Zirkle	44:02	257. R. Robichaud	50:35
76. E. Plante	38:25	165. W. Dunn	44:10	258. W. McDonald	50:40
77. P. Orthmann	38:26	166. N. Brunelle	44:11	259. R. Gaskell	50:42
78. K. Jenkins	38:30	167. L. Kleiman	44:15	260. E. Moreau	50:43
79. K. Thompson	38:39	168.		261. J. Berthiaume	50:52*
80. D. Comeau	38:47	169. C. Moody	44:24	262. D. Berthiaume	50:53
81. R. Faucette	39:00	170. T. Conley	44:27	263. L. Cote	50:54
82. B. Sargent	39:05	171. R. Collard	44:28	265. P. Weikel	51:00
83. K. Fickett	39:10	172. K. Luebbert	44:29	266. P. Rulman	51:15
84. Ginny Nichols	39:12	173. J. Greenfield	44:31	267. D. Champeon	51:33
85. G. Watts	39:14	174. T. Collins	44:32	268. D. Nicely	51:41
86. R. Gobell	39:16	175. S. Cobb	44:39	269. J. Scates	51:55
87. N. LaFortune	39:18	176. E. Barry	44:46	270. H. Richard	52:10
88. P. Dall	39:19	177. D. Horne	44:47	271. R. Ball	52:11
89. Nancy Ellis	39:20	178. E. MacArthur	44:48	272. J. Eagleson	52:14
		179. J. Schmidt	44:52	273. R. Delaney	52:23
		180. J. Lavin	44:54	274. M. Guthrie	52:29*
		181. B. Cote	44:58	275. L. Hammond	53:00
		182. J. Bart	44:59	276. L. Leavis	53:01

277. C. Hayward	53:07
278. G. Danis	53:34
279. N. Ulrich	53:40
280. M. Ingraham	53:44
281. T. Turkewitz	53:48
282. T. Paul	53:59
283. K. Foley	54:08
284. N. Nunan, Jr.	54:09
285. L. Davis	54:10
286. P. Gauthier	54:11
287. W. Joshi	54:41
288. J. Kelly	54:52
289. P. Murchie	55:00
290. J. Petty	55:02
291. R. Horan	55:34
292. S. Chaplin	55:47
293. K. Pelletier	56:11
294. B. Luther	57:58
295. J. Tuohy	59:55
296. K. Carney	59:56
297. D. Charles	60:34
298. L. Moreau	60:53
299. H. Huot	60:54
300. D. Dougherty	61:12
301. C. Moreau	61:28
302. D. Charpentier	62:52
303. B. Bentley	64:07
304. R. Furbish	64:08
305. M. Huot	67:56
306. Morris	68:44
307. R. Furbish	96:47

Results courtesy of Bob LaNigra
Race Director

GREAT PUMPKIN FUN RUN
SACO

Oct 23rd

1. M. Case	7:17
2. D. Fritz	8:08
3. J. Martin	8:20
4. J. Fritz	8:30
5. D. Pirinton	8:45
6. D. Manthorne	8:46
7. A. Connolly	9:07
8. A. Jones	9:09
9. L. Anderson	9:13
10. D. Lahaie	9:21
11. P. Bushey	9:22
12. M. Celler	9:23
13. D. Celler	9:24
14. R. Manthorne	9:27
15. L. Sargent	9:32
16. D. Charles	9:47
17. N. Hein	9:48
18. A. LeBlond	9:50
19. L. Conley	9:54
20. J. Grant	9:58
21. M. Neal	10:14
22. C. Brown	10:16
23. J. White	10:20
24. J. Merriam	10:30
25. K. Grant	10:31
26. T. Nicely	10:32
27. J. Chaplin	10:35
28. V. M. Blouin	10:37
29. S. Purinton	10:39
30. S. Taylor	10:44
31. C. Conley	10:48
32. K. Routh	10:54
33. P. Flaherty	10:57
34. E. Cote	10:58
35. R. Romano	10:59
36. K. Escude	11:00
37. C. Roy	11:01
38. A. Siren	11:02
39. K. Kelly	11:03
40. A. Kelley	11:04
41. M. Gadbois	11:13
42. P. Monroe	11:27
43. J. Laflamme	11:28
44. K. Harriman	11:31
45. M. A. Vincent	11:34
46. J. DeMint	11:41
47. L. A. Manthorne	11:44
48. R. Kemna	11:47
49. L. Breault	11:48
50. S. Morrison	11:49
51.	
52. E. Sargent	11:51
53. D. Welch	11:55

54. M. A. Butler	11:58
55. K. Gobeil	12:02
56. D. Alley	12:03
57. C. Davis	12:04
58. M. Northrop	12:05
59. J. Ingalls	12:06
60. S. Kelley	12:08
61. S. Lally	12:12
62.	
63. D. McDougal	12:14
64. M. Lockhart-Wagner	12:24
65. B. Ingraham	12:35
66. C. Bride	12:43
67. J. Bryant	12:47
68. J. McQueeney	12:48
69. G. Samo	12:51
70. P. Holloway	12:55
71. L. Getchell	12:56
72. K. Bowie	13:00
73. J. Harriman	13:01
74. F. Martin	13:05
75. M. Nicely	13:06
76. D. Lahaie	13:10
77. M. Murphy	13:14
78. M. Hannington	13:15
79. A. Cuthbertson	13:24
80. D. Martel	13:38
81. B. Nichols	13:45
82. J. Chaplin	13:48
83. P. Johnson	13:49
84. A. Hillquist	13:54
85. J. Pease	14:02
86. K. Celler	14:05
87.	
88. G. Fleming	14:22
89. K. Doucette	14:23
90. S. Brunelle	14:27
91. J. Whited	14:28
92. R. McFarland	14:29
93.	
94. P. Powell	14:34
95. R. Cuthbertson	14:40
96. S. Anderson	14:41
97.	
98. J. Berthiaume	14:43
99. B. Doughty	14:44
100. B. McDougal	14:55
101. P. Plummer	15:00
102. E. Pease	15:02
103. S. McDonald	15:03
104. L. McDonald	15:04
105. L. Bowie	15:05
106. K. Foley	15:06
107. L. Bussiere	15:07
108. H. Davis	15:11
109. A. Woodward	15:17
110. E. Beaulieu	15:24
111. S. Richard	15:25
112. K. Foley	15:49
113. M. Foley	15:50
114. J. Bateman	16:16
115. W. Bateman	16:17
116. J. Bateman	16:36
117. S. Sohnston	16:39
118. P. Adams	16:40
119. J. Adams	16:54
120. L.A. Borzuas	17:00
121. S. Lahaie, Jr.	17:01
122. J. Lahaie	17:02
123. N. Latini	17:16
124. M. Doughty	17:17
125. R. Collins	17:41
126. S. Perry	17:42
127. Eliz. Newcomb	17:56
128. J. Newcomb	17:57
129. T. Perry	18:30
130. H. Gearhart	18:37
131. C. Hewcomb	18:38
132. B. Newcomb	19:38
133.	21:57

VETERAN'S DAY ROAD RACES

Augusta

Nov 11th

5 Kilometers

1. Chris Bowie	16:04
2. Floyd Wilson	16:44
3. Randy Gardella	17:19
4. Mickey Lackey	17:26
5. John Fischer	17:56
6. Geoff Hill	18:00

7. Dan Pennock	18:02
8. Dean Gillett	18:19
9. Mike Thompson	18:21
10. Tom Hinds	18:35
11. Bill Pinkham (M)	18:42
12. Todd Pokrifka	19:01
13. Martin Weiss	19:18
14. Pete Crovo	19:23
15. Jeff Reynolds	19:47
16. Tom Fortier	20:01
17. Chris Pennock	20:35
18. Mark D'Amour	20:41
19. Todd Hughes	20:42
20. Dick Cummings (M)	20:52
21. Michael Berrier	20:57
22. Steven Greenlaw	21:07
23. Robert Lewis	21:33
24. William Donovan (M)	21:36
25. Eric Dee	21:40
26. Karen Boucher	21:41*
27. Bob Morgan	21:42
28. Gerald Hoff (M)	21:47
29. Robert McMahon	21:59
30. Steve Ray	22:06
31. Carolyn Pike	22:07*
32. Dan Libby (M)	22:11
33. Dave Gagan (M)	22:17
34. Bruce Turgeon (M)	22:25
35. Fred Brown (M)	22:35
36. Ralph Baldwin	23:01
37. Gary Fitzpatrick	23:02
38. Paul Page	23:11
39. George Ames (M)	23:38
40. Anthony Seidner	23:39
41. Ron LaFratta	24:29
42. Janet Fontaine	24:54*
43. Pat Rulman	25:24*
44. Suzanne Fitzpatrick	25:44*
45. Pam Twombly	25:50*
46. Betsy Berry	26:01*
47. Ken Armstrong (M)	26:26
48. Chris Twombly	26:43
49. Virginia Fall	26:46*
50. Pennie Robinson	27:14*
51. Skip Robinson	27:15
52. Kristy Murray	27:41*
53. Nicole Drouin	27:42*
54. Ingrid Scott	28:09*
55. Meagan Hoff	28:28*
56. Lynne Cobb	28:54*
57. James Miller (M)	29:34
58. Sandra Brown (M)	29:35*
59. Mary DiPompo	30:00*
60. Susan Smith	31:02*
61. Car-le Baldwin (M)	31:15*
62. Marc Weymouth	31:57
63. Martha Butler	34:56*
64. Marilyn Heemer (V)	35:42*

4 Marathon

1. Peter Millard	1:12:09
2. Peter Lessard	1:14:29
3. Jim Toulouse	1:16:52
4. Steve Russell	1:17:33
5. Bob Hunt	1:17:41
6. Brian Minas	1:17:55
7. Paul Merrill	1:18:03
8. Rick Lane	1:18:32
9. Bob Coughlin (M)	1:18:50
10. Steven Peterson	1:19:14
11. Michael Lally	1:21:52
12. Russell Chretien	1:22:19
13. Deke Talbot	1:23:26
14. Robert Payne (M)	1:24:18
15. Peter Hanson (M)	1:24:32
16. Gene Roy	1:24:40
17. Guy Berthiaume	1:25:19
18. Jim Floyd	1:25:57
19. Fred Karter	1:26:18
20. Mike Simoneau	1:26:48
21. Bill Kerwin (M)	1:27:16
22. Charlie Frair	1:27:59
23. Tim Quirion	1:28:13
24. Ernest Poore	1:28:22
25. Jeffrey Preble	1:28:44
26. Joe Isgro	1:29:09
27. Ann Blumer	1:29:25*
28. Don Best	1:29:26
29. Steve Salter	1:29:35
30. Martin Schiff (M)	1:29:59
31. Russ Martin	1:30:23
32. Charles Woodworth	1:31:02
33. Paul Dall (M)	1:31:51
34. Bob Wright	1:31:54

35.	Fred Merriam	1:32:03
36.	Norm Rodrigue	1:33:04
37.	James Moore, Jr. (M)	1:33:17
38.	Jim Ruzicka	1:33:35
39.	John Schwerdel	1:33:59
40.	Paula Stone	1:35:06*
41.	David Ledew	1:35:20
42.	Clough Toppan	1:35:24
43.	Warren Wilson (V)	1:35:44
44.	Debbie Sawyer	1:36:08*
45.	Mert Dearnley	1:36:24
46.	Charlie Gordon	1:36:41
47.	Richard Jewell (M)	1:36:47
48.	Charles Weymouth (M)	1:36:50
49.	Patty Murray	1:36:58*
50.	Andrew Willis	1:37:25
51.	Arthur Porter, Jr. (M)	1:37:54
52.	Jane Dolley	1:38:45*
53.	John Power (M)	1:38:53
54.	Joe Cesta	1:39:32
55.	Ed Atlee (M)	1:39:49
56.	Rosalyn Randall	1:40:19**
57.	Barbara Coughlin (M)	1:42:01*
58.	Lucien Lessard (M)	1:42:02
59.	Gary Dawbin (M)	1:44:49
60.	Cliff Hannon	1:45:01
61.	Linda Woodward	1:45:04*
62.	Donna Jean Pohlman	1:45:42*
63.	Ronald Parquette (M)	1:45:43
64.	Wayne Hamilton	1:46:04
65.	Kristina Caraganis	1:47:36*
66.	Glen Larkin	1:48:37
67.	Andy Loman	1:49:22
68.	Cheryl Gordon	1:51:50*
69.	Anne Dudley	1:54:52*
70.	Linda Best	1:57:40*
71.	Kathy Wade	1:58:09*
72.	Suzanne Chard	1:58:10*
73.	Ann McDonough (M)	1:58:14*
74.	Carlene Anderson	1:59:52*
75.	William Tozier (V)	2:00:42
76.	Marcia Reisman	2:00:47*
77.	Kathleen Marquis	2:00:50*
78.	Abby Jacobson	2:08:29*
79.	Perry Bernard (M)	2:08:29

RESULTS COURTESY OF GREG NELSON
MAINE ROAD RAMBLERS

THE GREAT OSPREY OCEAN RUN
FREEPORT 10K Nov 13th

1.	Rock E. Green	33:24.22
2.	John Bell	36:56
3.	Joel Titcomb	37:11
4.	Mike Perry	37:28
5.	Steve Labreque	37:44
6.	Robert Cuthbertson	III 37:53
7.	Paul Cote	38:00
8.	Bob Jolicoeur (M)	38:42
9.	Sumner Weeks	38:45
10.	Vern Demmons	39:00
11.	Steve Salter	39:05
12.	Bob Ingerowski	39:38
13.	Mike Easmeil	39:52
14.	Barney Smith	40:37
15.	Thomas McRea	41:06
16.	Gladys DeWick	41:09*
17.	Joanne Cole	41:12*
18.	Harry Schmitke	41:21
19.	Kevin Shute	42:48
20.	David Canarie	43:58
21.	Chris Grant	44:23
22.	John Cole	45:20
23.	Denton Bumgardner	45:33
24.	John Mulrooney	45:34
25.	Brian Hall	45:36
26.	Wayne Hamilton	45:46
27.	John Mulrooney, Jr.	45:47
28.	Steve Crockett	46:00
29.	Sandi Bumgardner	46:06*
30.	Steve DeWick	46:46
31.	John Heye	47:39
32.	Lon Walters	47:57
33.	Donald Spear	48:28
34.	Martin Desmarais	48:58
35.	Maggie Christie	49:39*
36.	Kevin Chute	49:48
37.	Gayle Lumsden	50:40*
38.	Molly Maguire	51:05*

39.	Patricia Rulman	51:27*
40.	Lucy Edmondson	51:32*
41.	Sandra White	51:34*
42.	Ken Hixon	51:59
43.	Diane Collette	52:48*
44.	Mary Lou Pray	52:59*
45.	Walter Christie	53:38
46.	Helen Richard	54:38*
47.	Maggie Guthrie	54:41*
48.	Harry Giddinge	55:11
49.	Bill Harkins	55:57
50.	George Morrison	56:39
51.	Ruth Morrison	56:55*
52.	Carol McRea	58:09*
53.	Ann Parlin	58:10*
54.	Laurie Brackett	58:23*
55.	Nancy Upton	58:43*
56.	C.F. Pete Howell	75:51

Results courtesy of Peter Marczak
Race Director

THE ELEPHANT RUN
S. Portland 5+ MILES Nov 13th

1.	Steve Sarkozy	27:58
2.	Phil Stuart	28:06
3.	Rodger Foster	28:20
4.	John Johansson	28:28
5.	Rick Chalmers	28:45
6.	Dick McFaul	28:49
7.	Greg Bishop	29:22
8.	Barry Fifield	29:36
9.	Joel Horne	29:52
10.	Ron Bourget	30:11
11.	Arnold Amoroso	30:30
12.	James Cunningham	30:46
13.	Barry Howgate	30:50
14.	Herb Strom (S)	31:35
15.	David Rand	31:38
16.	Kevin Keim	31:55
17.	Bob Peacock	31:59
18.	Ed Doughty	32:11
19.	Harvey Rohde	32:13
20.	Daniel Rooney	32:22
21.	Alan Leathers	32:22
22.	Art Cunningham	32:38
23.	Peter Halloway	32:46
24.	Jeff Nixon	32:57
25.	Dick Lajoie	3-:10
26.	Ken Fickett	33:15
27.	Sana Weste	33:17
28.	Brenda Maller	33:46
29.	Steve Grannell	34:15
30.	John Normandin	34:15
31.	Sue Chaer	34:22*
32.	Warren Wilson	34:27
33.	Joe Henrickson	34:40
34.	Chris Bradbury	34:44
35.	Denise Harlow	34:50*
36.	Robert Caron	35:04
37.	Jeff Maye	35:15
38.	Mike Bassois	35:16
39.	Paul Alpert	35:24
40.	J. Chalmers	35:26
41.	James Dolley	35:44
42.	Bob Smyth	36:21
43.	Natalie Buzzeyle	36:40*
44.	Bun Ross	36:51*
45.	Wes Stanhope	36:51
46.	Phil Pierce	37:58
47.	Joe Croteau	38:00
48.	John Alden	38:32
49.	Richard Roussin	38:44
50.	Tracy Eliades	39:01
51.	Don Penta	39:25
52.	Sandy Dunbar	39:39*
53.	Lisa Clifford	40:31*
54.	Jean Thomas	40:58*
55.	Sue Smyth	41:38*
56.	Lori Nicholas	41:50*
57.	Al Utterstrom	41:57
58.	Sandy Utterstrom	41:57*
59.	Pam Twombly	41:59*
60.	Carlene Anderson	42:35*
61.	Carolyn Foley	42:52*
62.	W. E. Lazette	42:55
63.	Matt Gary	43:02
64.	Addy Jacobson	44:16*
65.	Skip Robinson	44:17
66.	Frank Long	46:25


THIRTEENTH ANNUAL LOST VALLEY 15K
Auburn-Lewiston Nov 20th

1.	Paul Hammond	50:31:09
2.	Jerry Crommett (M)	51:32
3.	Kevin McDonald	52:11
4.	Floyd Wilson	52:23
5.	Eric McNett	52:39
6.	Doug Ingersoll	53:03
7.	Tim Swope	53:08
8.	Bill Hine	53:10
9.	Daniel Campbell	53:46
10.	Danny Smith	54:02
11.	George Liming	57:14
12.	Greg McLoughlin	58:33
13.	Paul Cote	58:39
14.	Steve LaBrecque	58:54
15.	Richard Celler	58:56
16.	Mike Simoneau	59:09
17.	Thomas Bennett	60:59
18.	Larry Walden	62:07
19.	Bob Wight	63:16
20.	Eric Smith	64:14
21.	Don Stowell	65:02
22.	Paul Dall	65:25
23.	Raymond John	66:24
24.	Kelly Bennett	67:00*
25.	Mark McPheters	67:06
26.	Bill Johnson	67:19
27.	Don Cannan	68:24
	Regis Beaulieu	68:24
29.	Scott Laliberty	71:32
30.	Don Celler	72:46
31.	Jane Waddle	74:05*
32.	Dave Gugan	77:12
33.	Mike McLellan	78:59
34.	Elvin Bryant	79:09
35.	Margaret Craven	81:53*
36.	Joe Bennett	88:40

Results courtesy of Tom Swan
Race Director

15TH ANNUAL TURKEY TROT 5.8 MILER
Cape Elizabeth Nov 20th

1.	Bob Winn	28:16
2.	Chris Bovie	29:20
3.	Rock E. Green	29:23
4.	Alan Bain	31:12
5.	Ken Flanders	31:36
6.	Roger Foster	32:03
7.	Jim Toulouse	32:15
8.	Steve Sarkozy	32:20
9.	Andre Benoit, Jr.	32:22
10.	Bob Hunt	32:25
11.	Dick McFaul	32:38
12.	Paul Merrill	32:45
13.	Art Schnell	32:48
14.	Harris Hardy	33:02
15.	Jason Hamilton	33:02
16.	Tim Clement	33:04
17.	Mike Lally	33:06
18.	Andrew Rosen	33:13
19.	Bob Coughlin (M)	33:14
20.	Wesley Douglass	33:19
21.	Chris Comstock	33:30
22.	Russ Connors (M)	33:38
23.	John Long	33:49
24.	Tony Owens	33:58
25.	Thomas Rich	34:00
26.	Robert Light	34:01
27.	Barry Fifield	34:06
28.	Dave Smith	34:08
29.	Barry Howgate	34:16
30.	Arnold Amoroso	34:25
31.	Robert Payne	34:34
32.	Steve Harriman	34:42
33.	Brian Milliken	34:50
34.	Virginia Connors	34:54*
35.	Peter Bastow	34:59
36.	David Weatherbie	35:06
37.	Terrance Farrell	35:06
38.	Curt Shigo	35:13
39.	Joe Regali	35:15
40.	Marge Podgajny	35:17*
41.	Mike Gendron	35:24
42.	David Rand	35:28
43.	Craig Kinney	35:31

44. Eric Ellis	35:35	138. Phil Harmon	44:53	28. Randy White	18:42
45. Glenn Jones	35:39	139. George Gilfoill	45:24	29. Bill Pinkham	18:47
46. Ed Doughty	35:40	140. Joe Foley	45:24	30. Larry Rich	19:03
47. Paul Jackson	35:41	141. Sarah Maccoll	45:27*	31. Robin Emery	19:15*
48. Herb Strom (S)	35:48	142. Joe Croteau	45:29	32. Barney Smith	19:16
49. Randy Talbot	35:50	143. Stan Arnold	45:31	33. Richard Lindsey	19:23
50. Michael Martin	35:59	144. Dave Goodwin	45:38	34. Skip Howard	19:33
51. Steve Caron	36:01	145. David Kreiton	46:02	35. Paul Walsh	19:36
52. Bob Peacock	36:08	146. Patrick O'Toole	46:08	36. Martin Schiff	19:38
53. George Prescott	36:22	147. Robert Dubois	46:12	37. Ann Blumer	19:48*
54. Michael Beaudoin	36:27	148. Jerry Harkavy	46:15	38. Matt Farrington	19:59
55.		149. Donald Penta	46:24	39. Guy Roy	20:05
56. Ron Cedrone	36:38	150. Chris Marion	46:24	40. Richard Miles	20:31
57. Tom Bradley	36:39	151. Katie Bliss	46:25*	41. Bob Johnson	20:35
58. Harvey Rohde	36:44	152. Leslie Wilson	46:28*	42. Howard Dunn	20:36
59. Grace Smith	36:45*	153. Dave Bean	46:36	43. Ed Thompson	20:47
60. Lee Nicely	36:47	154. Jean Thomas	46:50*	44. Neal Chamberlain	20:57
61. Chris Selomone	36:47	155. Peter Kenistor	46:55	45. Joe Libby	21:09
62. Alan Leathers	36:48	156. Widgey Thomas, Jr.	46:56	46. Ed Curran	21:14
63. Janet Price	36:58*	157. Nick Sampson	47:17	47. Jon Dickhart	21:19
64. Diane Fournier	37:00*	158. Joyce Beckley	47:31*	48. Jamie Robinson	21:27
65. Andrew Willis	37:02	159. Al Utterstrom	47:34	49. Bill Lawlor	21:37
66. Barry Sargent	37:16	160. James McGovern	47:53	50. John Davis	21:41
67. Michael Fitzgerald	37:32	161. Paul Chamberlain	47:54	51. Craig Boyd	21:49
68. Mike Worden	37:32	162. Margaret Soule	47:54*	52. Peg Fournier	22:03*
69. Don Best	37:46	163. Bob Sarkozy	47:55	53. Dawn Fraser	22:18*
70. Al Butler	37:51	164. Sandy Utterstrom	48:19*	54. Lori Holyoke	22:18*
71. Joe Vokey	37:55	165. Dee Nicely	48:28*	55. Nancy Graves	22:30*
72. Alvin Bugbee	37:57	166. Larry Barron	48:32	56. Bob McGaw	22:57
73. John Conley, Jr.	38:02	167. Kathryn Perry	48:35*	57. William Fletcher	23:14
74. Arthur Chapman	38:08	168. Bob Small	48:39	58. Don Osborne	23:19
75. John Edwards	38:28	169. Sandy Brown	48:57*	59. Frank Setter	23:31
76. Carlton Mendell	38:29	170. James Carroll	49:09	60. Michelle Kogut	23:32*
77. John Lunt	38:33	171. Sally Paterson	49:18*	61. Jan Washburn	23:33*
78. Dick Lajoie	38:34	172. Bert Andrews	49:47	62. Scott Clement	23:44
79. Rick Strout	38:42	173. Carolyn Foley	49:51*	63. Rene Collins	23:46*
80. William York	38:52	174. John Flaherty	49:55	64. Dennis Marble	23:51
81. Richard Jewell	38:56	175. Skip Robinson	50:44	65. Perry Barnard	23:59
82. Dave Anthony	39:00	176. Jim Guy	51:07	66. Nick Eremita	24:07
83. Mark Seamans	39:01	177. Bruce Morse	51:17	67. Alan Langille	24:11
84. David Sadowski	39:14	178. Addy Jacobson	51:12*	68. David Niznik	24:18
85. John Pineau	39:20	179. Rocco Andreozzi	51:16	69. Mike Fletcher	24:25
86. Warren Wilson	39:25	180. Diane Fitzgerald	51:31*	70. Lisa Taylor	24:42*
87. Roger Borduas	39:30	181. Wilbur Holmes	52:05	71. Bill Libby	24:46
88. David Thibodeau	39:36	182. Tammy Butler	52:08*	72. Lori Artesani	25:19*
89. John Cordts	39:40	183. Cush Hayward	52:35	73. Aimee Brochu	25:31*
90. John McGovern	39:40	184. Patrick Connelly	52:36	74. Charleen Wiseman	25:34*
91. Anne Hendrix	39:53*	185. Maria Reali	52:45*	75. Donna Snowman	25:53*
92. David Riggs	39:59	186. Karen Silverman	53:31*	76. Dorothy Whalen	25:55*
93. Wendy Thorpe	40:08*	187. Kay Pelletier	53:40*	77. Anne Norton	26:01*
94. Bob Cushman	40:14	188. Lloyd Holmes	53:55	78. Louis Naida	26:25
95. Denise Harlow	40:16*	189. Frank Long	54:17	79. Lori Taylor	27:00*
96. Ken O'Quinn	40:26	190. Patricia Flanders	57:08*	80. Janis Piper	27:00*
97. Dick Campbell	40:30	191. Jane Barron	57:08*	81. Bob Millette	27:13
98. James Chase	40:30	192.		82. Jim Gilbert	27:19
99. Peter Thomas	40:32	193. Pamela Brennan	57:11*	83. Linda Robertson	27:29*
100. Michael Reali	40:36	194. Nancy Crowell	58:34*	84. Gwen Clement	27:35*
101. Barbara Coughlin	40:38*	Results courtesy of Werner Pobatschnig			27:44*
102. Jane Dolley	40:40*	Maine Track Club Event			27:51*
103. John Boothby	40:42	*****			27:55*
104. Robert Caron	40:43	Brewer High's 2ND ANNUAL TURKEY TROT			27:57*
105. Perley Hodgkin	40:52	Brewer 5K Nov 21st			28:52
106. Ken Casey	41:03	-----			28:53
107. Robert Fillion	41:11	1. Glendon Rand	15:33	91. Edina Naida	30:06*
108. Joe Costa	41:19	2. Sheril Sprague	15:33	92. Liz Curran	30:45*
109. Natalie Buzzell	41:22*	3. Michael Gaige	16:10	93. Betty Kiah	30:46*
110. David Goodwin	41:28	4. Tim Marquis	16:14	94. Robbie Smith	31:28
111. John Quillette	41:32	5. Brian McCrea	16:28	95. Paula Tarr	31:42*
112. Richard Manthorne	41:41	6. Glen Holyoke	16:31	96. Andy Kiah	31:55
113. Brian Hall	41:42	7. John Mills	16:37	97. Chris Nason	31:57
114. Ed Kelley	41:49	8. Dick Fournier	16:42	98. Mike Rolnick	32:19
115. Stephen Crockett	41:53	9. Tim Parritt	16:47	99. Diane White	32:45*
116. Andy Culpovich	42:22	10. Lenny Price	16:50	100. Jill Kiah	33:20*
117. John Boddy	42:25	11. Alex Hammer	16:52	101. Dennis Kiah	33:53
118. Travis Kinney	42:30	12. Phil Stuart	17:10	102. Paul Paulson	33:54
119. Dale Rines	42:40	13. Lee Stover	17:19	Results courtesy of Ronnie Delano-Ell	
120. Tim Burnham	42:44	14. Tom Scagliarini	17:19		
121. Jeanne Steinmetz	42:56*	15. Phil St. Pierre	17:30		
122. Bill Elgee	42:57	16. Hal Nelson	17:33		
123. Jay Spenciner	42:57	17. Tom Byers	17:38		
124. J.P. Lavoie	43:02	18. Dave Clement	17:42		
125. Andre Benoit, Sr.	43:07	19. Doug DeAngelis	17:49		
126. Jerri Bushey	43:09*	20. Deke Talbot	17:50		
127. Martin Weiss	43:10	21. Patrick Boss	17:59		
128. Russ Bradley	43:15	22. David Terry	18:01		
129. Philip Pierce	43:38	23. Jeff Brochu	18:10		
130. Richard Roussin	43:48	24. Erik Mattson	18:21		
131. William Bennett	44:01	25. David Torrey	18:25		
132. Steven Cobb	44:15	26. Bruce Theriault	18:29		
133. David Bushey	44:19	27. Susan Elias	18:31*		
134. Susan Sharkey	44:39*				
135. Linda Best	44:41*				
136. William Davenney	44:47				
137. Brian Collins	44:49				

MAINE SAVINGS BANK GASPING GOBBLER 10K
Augusta Nov 24th

1. Gerry Clapper	31:09	91. Pruitt Torres	43:17	185. Peter Oatway	58:46
2. Chris Bovie	31:43	92. Steve Greenlaw	43:20	186. Cathy Sabine (M)	60:22*
3. Jeff Crocker	32:05	93. Leon Hadiakis	43:38	187. Sue McIntire	60:22*
4. Ralph Duquette	32:32	94. Scott Sanford	43:41	188. Jennifer Haskell	60:30*
5. Eric McNett	32:55	95. Ed Atlee (M)	43:48	189. Lucille Moreau (M)	61:20*
6. Scott Roberts	33:17	96. Carl Bowen (S)	43:50	190. Cindy Moreau	61:44*
7. Scott Wagner	33:20	97. Fred Eis	43:52	191. Carol Linker (M)	63:20*
8. Jeff Sanborn	33:26	98. Faye Gagnon	43:57*	192. Mike Levey	63:20
9. Steve Russell	33:35	99. Robert Lewis	44:01	193. Rita Furbish (S)	70:03*
10. Brian Warren	33:39	100. Goff French	44:02	194. Shelley Gayton	74:12*
11. Peter Lessard	33:46	101. Tom Fortier	44:11	195. Bill Gayton	74:12
12. Floyd Wilson	33:50	102. Steve Ellis	44:12	196. Roger Furbish (S)	
13. Greg Nelson	33:57	103. James Mansir	44:14		
14. Erich Reed	34:45	104. Mike Case	44:16	2 Mile	
15. Phil Stuart	34:50	105. Melinda Small	44:18*	1. Steve Sarkozy	10:19
16. Brian McCrea	35:01	106. Mark Ouellette	44:21	2. Mike Bard	10:22
17. Edward Small	35:13	107. Wes Fjeldheim	44:24	3. Alex Hammer	10:24
18. Richard Davee	35:28	108. Chad Warner	44:27	4. Lee Stover	10:33
19. Jon Wescott	35:40	109. Andrew Haslam	44:30	5. Eric Gamage	10:35
20. John Mathieu	35:45	110. Rich Abramson	44:34	6. Tom Harrington	10:40
21. Mike Perry	35:59	111. Mike Bowie	44:41	7. Steve Turner	10:43
22. Hal Nelson	36:02	112. Cliff Hannan	44:41	8. Steve LaBrique	10:58
23. Gary Cochrane (M)	36:05	113. Mark Jose	44:46	9. Robert Cuthbertson	11:04
24. George Liming	36:42	114. Dan Gilbert	44:49	10. Art Warren (M)	11:05
25. Al Brynes	36:55	115. Natalie Buzzell (S)	44:52*	11. Tim Childs	11:06
26. Dan Pennock	36:56	116. Lucien Lessard (M)	44:55	12. Richard Celler (M)	11:16
27. Robert Wranosky	36:57	117. Gary Dawbin (M)	44:57	13. Martin Weiss	11:18
28. Mark Simpson	37:01	118. Tom Daggett	45:02	14. Todd Pokrifka	11:30
29. Jeff Brown	37:04	119. Warren Newton	45:04	15. Jeff Ames	11:32
30. Todd Guite	37:19	120. Mike Cook	45:07*	16. Rit Roberts	11:38
31. Eric Mattson	37:24	121. Gard Rand (M)	45:09	17. Conrad Skov	11:45
32. Mike Thompson	37:26	122. Peter Connell	45:10	18. Dale Gamage	11:47
33. Geoff Hill	37:32	123. Joe Washburn	45:13	19. John Jalbert	11:49
34. Fred Karter	37:38	124. Don Wismer	45:23	20. Terri Gousse	11:52*
35. Peter Bastow (M)	37:40	125. Cliff Ives (M)	45:26	21. Norman Wood	11:57
36. Anne Marie Davee	37:41*	126. Diane Wood	45:37*	22. Steve Roberts	12:01
37. Jerry Allanach	38:06	127. Richard Fletcher	45:40	23. Susan Ertha	12:06*
38. Bruce Poliquin	38:11	128. Robert Whitten (S)	46:01	24. Lenora Felker	12:10*
39. Brian Ladner	38:13	129. Mike McLellan	46:04	25. Barry Warren	12:16
40. Dean Rasmussen	38:21	130. Rohnie Dunn (M)	46:22	26. Jack Hodgkins	12:20
41. Biff McGilpin	38:24	131. John Malek	46:23	27. Scott Clark	12:35
42. Brian Dominquez	38:25	132. Louie Collins, Jr.	46:26	28. John Leonard	12:36
43. Fred Merriam	38:30	133. Fred Brown (M)	46:35	29. Robert McMahon	12:44
44. Bob Jolicoeur (M)	38:32	134. Lee St. Peter	46:47	30. Chris Bryant	12:45
45. Steve Ham	38:33	135. Allen Hersom	46:49	31. Marc D'Amour	12:46
46. Roland St. Pierre (M)	39:04	136. Charlie Gordon	46:56	32. Mike Clapper	12:50
47. Chad Gagnon	39:22	137. Jane Waddle	46:57*	33. Mike Celler	12:53
48. Oskar Feichtinger (S)	39:23	138. Lon Walters	47:17	34. John Hodgkins (M)	12:54
49. Skip Rowe	39:27	139. Craig Haggett	47:30	35. Don Celler	12:55
50. Jim Floyd	39:29	140. Jerri Bushey	47:31*	36. Seth Thornton	13:02
51. Kathy Knight	39:38*	141. Roger Mills	47:33	37. Paul Jenkins	13:05
52. Ken Sylvester	39:43	142. Cindy Oakes	47:38*	38. Josh Gagnon	13:06
53. Mert Dearnley	39:52	143. Don Osborne (S)	47:45	39. Sarah Berry	13:27*
54. Ann Blumer	39:55*	144. Gail Schade (M)	47:57*	40. Brian Stebbins	13:29
55. Martin Schiff (M)	40:10	145. Patrick Roy	48:01	41. Ron Lindholm (M)	13:35
56. David Bronder	40:15	146. Roland Yeaton	48:03	42. Raymond McFarland, Jr.	13:36
57. Chuck Munier	40:21	147. Tim Snyder	48:05	43. Jason Turner	13:37
58. David Ledew	40:25	148. Sarah Roy	48:14*	44. Lee Gamage	13:43
59. Doug Moody	40:35	149. Bob Morgan	48:15	45. Chris Atlee	13:52
60. James Moore, Jr. (M)	40:44	150. Edmond Brissette (V)	48:16	46. Robert Gray	14:02
61. Larry Taylor	40:46	151. Bruce Fenlason	48:17	47. Chris Roy	14:09
62. Russell Martin	40:48	152. Gary Schulz (M)	48:26	48. Ross Holt (S)	14:11
63. Barney Smith	40:52	153. Vicki Cochran	48:36*	49. Ellen Spring	14:13*
64. Chris Cameron	40:53	154. Charles Clapper (S)	48:38	50. Bert Gendron (S)	14:15
65. Peter Runnells	40:54	155. George Ames	48:54	51. Mary McGann	14:28*
66. Rick Strout (M)	40:55	156. Bill Akins	49:00	52. Dana Childs (M)	14:42
67. Beth Golden	40:58*	157. Jeff Williams	49:01	53. Sara Fenlason	14:43*
68. Sonja McLaughlin	40:59*	158. Betty Hahn (S)	49:08*	54. Jamie Wilson	14:53
69. Michael O'Connor	41:04	159. Dale Cushman	49:14	55. Mike Mallar	15:02
70. Bob Crosswell	41:07	160. George Shea	49:24	56. Don Stresser (M)	15:06
71. Kevin White	41:11	161. Leona Clapper (S)	49:43*	57. Maureen Sanborn	15:12*
72. Doug Gilbert	41:15	162. Tom Crowley	50:00	58. Patty Callens	15:25*
73. Bernard LeWolf	41:19	163. Robbie Deeves	50:02	59. Mary Lou Sherman	15:29*
74. Toni Rumpf	41:26	164. William Tozier (S)	50:12	60. Jeri Flournoy	15:32*
75. Richard Fallon	41:30	165. Richard Wagner (S)	50:14	61. Jason Simpson	15:34
76. Ken Gaecklein	41:36	166. Dick Mercier (M)	50:22	62. Virgil Brown	15:38
77. Norm Rodrigue	41:37	167. John Flournoy	50:26	63. Becky Tibbetts	16:09*
78. Bob Peterson	41:41	168. Matt Coffin	50:44	64. Penny Snyder	16:15*
79. William Bartlett	42:09	169. John McAleer (S)	50:58	65. Kevin McLaughlin	16:17
80. Jeff Moore	42:12	170. Kathie Marquis	51:32*	66. Greg Lajoie	16:39
81. Larry St. Peter	42:37	171. Rick Deeves	51:53	67. Kathleen Poulin	16:50*
82. Matthew Hollingsworth	42:41	172. Lynn Deeves	52:05*	68. Justin Lambert	17:01
83. Jim Gilbert	42:53	173. Kathy Shea	52:06*	69. Tim Simoneau	17:07
84. Raymond Bryant (M)	42:55	174. Ernest Moreau (M)	52:17	70. Andy Stebbins	17:09
85. Mike Vail	43:00	175. Mark Plummer	52:24	71. Gail Brum	17:14*
86. Jayne Chase	43:01*	176. Mary Jean McKelvy	52:30*	72. Penny Lucas	17:16*
87. Peter Gagnon (M)	43:03	177. Perry Barnard (M)	52:37	73. Wendy Morgan	17:38*
88. Charles Weymouth (M)	43:05	178. Abby Jacobson	52:37*	74. Barbara Tufts	17:51*
89. Ron Paquette (M)	43:08	179. Nadine Bullion	52:48*	75. Arnold Stebbins (M)	17:53
90. Gary Barrett	43:13	180. Amy Scattergood	53:53*	76. Aaron Cuthbertson	18:03
		181. Ken Blaisdell (S)	54:17	77. Kelly Morgan	18:08*
		182. Anita Brynes	54:34*	78. Allison Dall	18:09*
		183. Philip Trask	57:09	79. Rob Cuthbertson	18:34
		184. David Slone	57:51		

80. John Simoneau	18:38
81. Susan Greenlaw	18:44*
82. Constance Moore	18:46*
83. Jennifer Lambert	19:02*
84. Jo-Ann Turner	19:19*
85. Brownie Flournoy	19:42
86. Sharon Lowell	21:14*
87. Kathy Stebbins	21:25*
88. Lillian Abbott (S)	21:56*
89. Mikaela Foster	22:43*
90. Amy Sansouci	24:06*
91. Mardi Brown (S)	24:09*

Results courtesy of Barbara Godfrey
Maine Road Ramblers Race Director

MAINE TRACK CLUB HANDICAP 5 MILER
Portland Dec 3rd

1. David Manthorne	39:19
2. Dave Trussell	40:59
3. Bill Davenny	41:01
4. David Paul	41:12
5. Bob Caron	41:22
6. Sandy Utterstrom	41:32*
7. Bob Perkins	41:41
8. Warren Wilson	41:56
9. Marion Leschey	42:05*
10. Pam Twombly	42:09*
11. Margaret Soule	42:10*
12. Richard Manthorne	42:13
13. Kenneth Hutchins	42:16
14. John Gale	42:20
15. Frank Knight	42:21
16. John McGovern	42:28
17. Bob Payne	42:29
18. John Conley	42:32
19. Terry McGovern	42:34
20. Al Utterstrom	42:57
21. Donna Roberts	43:06*
22. Bob Coughlin	43:13
23. Ray Hefflefinger	43:22
24. Herb Strom	43:39
25. Harvey Rohde	44:08

RESULTS COURTESY OF THE PPH



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The Second Annual

FROSTBITE 5K

Sponsored by: Dollars for Scholars

- T-SHIRTS TO FIRST ONE HUNDRED ENTRANTS
- MOOSE RIVER FOOTWEAR AWARDED TO FIRST THREE PLACES, MALE AND FEMALE, IN FOUR CATAGORIES
- SHOWERS READILY AVAILABLE, SOUP AND CHOWDER AT THE FINISH FOR RUNNERS
- AMPLE DOOR PRIZES FOR RUNNERS IN CONJUNCTION WITH THE SKOWHEGAN CRAFTS FAIR WITH OVER ONE HUNDRED EXHIBITS

DATE: February 11, 1984

TIME: 11:00 AM

PLACE: Skowhegan Area High School, Skowhegan, Maine

ENTRY FEE: \$4.00 in advance

\$5.00 the day of the race

Make check payable to Dollars for Scholars

Results will be printed in The Maine Runner



In consideration of this entry being accepted I for myself, my heirs, administrators, and assigns, hereby waive and release any and all rights and claims I may have against the sponsors of this event. I also release the rights to all photographs to the sponsors of the race for current or future publicity purposes.

NAME _____ AGE _____ SEX _____

ADDRESS _____ ZIP CODE _____

PHONE _____ T-SHIRT SIZE S M L

SCHOOL OR ORGANIZATION _____

SIGNATURE _____

PARENTS SIGNATURE IF UNDER 18 _____

MAIL TO DOLLARS FOR SCHOLARS, SKOWHEGAN AREA HIGH SCHOOL, SKOWHEGAN, ME 04976



3rd Annual WILD KATAHDIN TRUST SNOW RUN

Come!! Visit Nurdle and Duane in their natural habitat!! Watch their dandruff as it dances crazily in the crisp morning air. AH ----- Woods Runners country ----- The beauty of it all!

- WHERE:** Katahdin High School
- WHEN:** Saturday, February 11, 1984 - 11: A.M.
- HOW FAR:** 4.8 miles - or a little more - anyway - it's absolutely akkurit!
- FACILITIES:** Restrooms - showers at Katahdin High School on Route 11, Sherman Exit, I-95. Old catalogue pages available if outside preference.
- REGISTRATION:** \$5.00 - Registration at 9:30 on day of race.
- AWARDS:** Trophies to first 5 finishers plus fifty pounds of Grade A spuds to 1st male and female overall.
Trophies to 1st three finishers in each category. Wicked cool drawings. Lotsa home grown items!!
- CATEGORIES:**
- | | | |
|------------|---------|-------------|
| 13 & under | 20 - 29 | 40 - 49 |
| 14 - 19 | 30 - 39 | 50 & over |
| | | most mature |
- Mean runner gets a corkin good ride on a _____?!!?
- Team trophies - 1st three runners - male and female
- OTHER INFO:** Beaucoup refreshments, long sleeved T-shirts (Famous Moose brand) to first 8000 runners.
Time splits each mile --- If it's a warm day, mud puddles available!
- COURSE:** Bussed at start then bused to start. Shotgun start (stay low), again courtesy of McLaughlin Shot Co. Mostly downhill and flat.
- SPONSOR:** **KATAHDIN TRUST COMPANY** of Patten, Island Falls and Oakfield. All of us the "woods" use one of their "branches"! Heh Heh.....
- CHALLENGE:** Come on over!! Travel a hundred miles in a blinding snowstorm with a cracked radiator and no snowtreads. Join the rest of the nuts at the SNOW RUN!!
- COURSE RECORDS:** Glen Holyoke 24:01 Nancy Jackson 30:06

FOR BENEFIT OF PINE TREE CAMP

Maine Road Ramblers



DATE: Sunday, January 29, 1984

TIME: 12 Noon

5 MILE ROAD RACE

PLACE: Univ. of Maine at Augusta at the rear of the Augusta Civic Center. Locker rooms, showers, and refreshments will be available. Splits will be at 1 and 3 miles. Wheel measured. Moderate terrain.

REGISTRATION: 10:30 - 11:45 A.M. at the rear of the Augusta Civic Center. Entry fee of \$3.00 plus SnoFest Ticket (\$1.). SnoFest Ticket entitles holder to attend other SnoFest events (Jan. 21 - Feb. 5) and a chance to win the Grand Prizes to be drawn on Feb. 8. Tickets may be purchased at the registration desk.
THERE WILL BE NO PRE-REGISTRATION.

AWARDS:

MALE

First 5 places
13 & under: 1st
14-18: 1st
19-29: 1st, 2nd
30-39: 1st, 2nd, 3rd
40-49: 1st, 2nd
50 & over: 1st

FEMALE

First 3 places
13 & under: 1st
14-18: 1st
19-29: 1st, 2nd
30-39: 1st, 2nd
40-49: 1st
50 & over: 1st

INFORMATION: Call Joanie Rhoda, 845-2437 evenings.

SPONSORS: Maine Road Ramblers, in cooperation with the UMA Recreation Department.

REGISTRATION 6th ANNUAL SNOFEST 5 MILE ROAD RACE

In consideration of this entry being accepted, I for myself, my heirs and assigns waive and release any and all rights and claims or damages I may have against any sponsor, their representatives, successors and assigns for any and all injuries suffered by me at said race.

NAME: _____ AGE: _____ SEX: _____

ADDRESS: _____

SIGNATURE: _____ DATE: _____

PARENT'S SIGNATURE (for runners under 18) _____

FLYERS IN MAINE RUNNING MAGAZINE

Do you want to reach a great many runners without a great deal of hassle? Why not put your race application in Maine Running Magazine. Here's all you do:

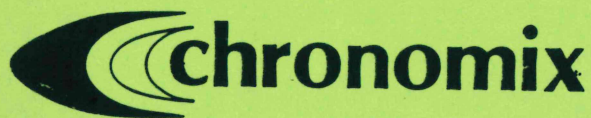
Send us 900 flyers by the 10th of the month prior to the issue you want your flyer to appear in and a check for \$20. If the statement "Complete Results Will Be Published In Maine Running Magazine" appears on the flyer only send \$15. Or...send us one photo ready copy of your flyer and \$50 and we'll print it for ya.

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a full page \$50 a month; \$500 per year
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If anyone ever asks you where they too can get a copy of Maine Running Magazine, steer them to one of the following stores:

*OLYMPIA SPORT IN SOUTH PORTLAND

*THE GOOD SPORTS IN BRUNSWICK

*THE ATHLETIC ATTICS

*BANGOR MALL

*AUBURN MALL

*PETER WEBBER IN WATERVILLE

*ATHLETES' FOOT IN SOUTH PORTLAND

*JAMES BAILEY CO. IN PORTLAND

*GOLDSMITH'S SPORTING GOODS

*OLD TOWN

*ROCKLAND

*PRESQUE ISLE

*BANGOR

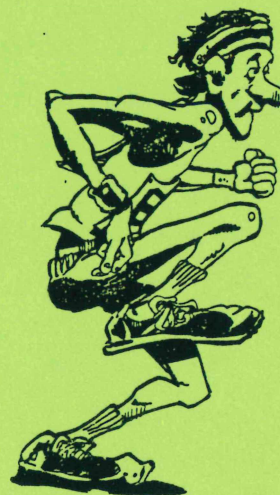
*AUBURN

*HASKELL'S SPORTING GOODS IN BAR HARBOR

*WILLEY'S IN ELLSWORTH

*LIFE SPORTS OF ELLSWORTH

*PUTNAM SPORTS IN PORTSMOUTH, N.H.



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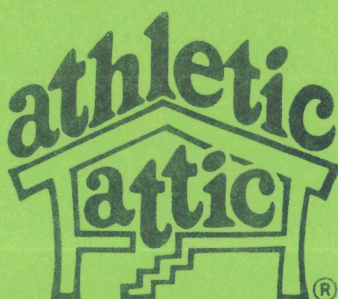
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